



# YOUR 2 A.M. 3 A.M. 4 A.M. FOOD FIX

EVEN YOUR FANCIEST CULINARY  
CRAVINGS CAN BE SATIED LONG  
AFTER SUNDOWN 18-19

Poll: Drinkers richer, smarter **3**

Obama makes city pit stop **7**

Time for a Viking funeral? **13**



## best bets

By Rebecca  
Palmore  
rkpalmore  
@tribune.com



**FREE** **For shakers**  
*The Shrine,*  
2109 S. Wabash Ave.  
312-753-5700

Salute Afrobeat king Fela Kuti, who died Aug. 2, 1997, with a hip-shaking musical tribute from DJs Tone B Nimble and King Scratch (aka Joe Bryl) at the bar's party, Felabration! 10 p.m.

**FREE** **For foodies**  
*La Trattoria del Merlo,*  
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Try small plates, handmade pasta and wine from the restaurant's new menu at its Free Festa for the Neighborhood. Eats include pizza with cherry tomatoes, capers and mozzarella; beef tenderloin tartar; and spinach pasta with sausage. 6-8 p.m.

### For networkers

*Old Town Social, 455 W. North Ave.*

File this under feel-good fuel: Stimulus Social Club meets in River North to raise funds for the Illinois Chapter of Prevent Blindness America, while you raise a comp cocktail and appetizers. 5:30-9 p.m. \$10. RSVP required: [rsvp@stimulusocialclub.com](mailto:rsvp@stimulusocialclub.com)

FIND MORE BEST BETS AT METROMIX.COM



## LESPY

Know how to play Two Truths and a Lie? Two of these statements are true; one is a lie. Can you spot the fake? Text "Lie" followed by the number of your answer to **87708**. We'll text you back to tell you whether you were right. Good luck!

Name: Anne Miskewitch Age: 33 Hood: Ukrainian Village

1. I'm a librarian.
2. I am training to run the marathon.
3. I can burp on cue.

### WANNA PLAY?

Submit two truths and a lie, as well as a photo of yourself, to [redeyetalk@gmail.com](mailto:redeyetalk@gmail.com).

txtable



87<sup>73</sup>

**TODAY'S FORECAST**  
Gross 'n' sloppy  
'n' hot 'n' wet



THU.  
**87**  
69

Release from wet, wet heat



FRI.  
**82**  
66

Great day to start rockin'!



SAT.  
**84**  
68

Hoping for low humidity



SUN.  
**89**  
71

Swampy, swampy Sunday

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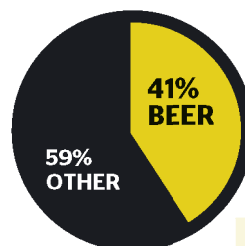
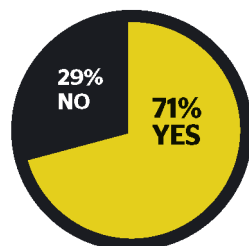
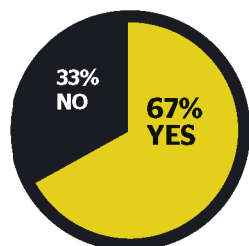
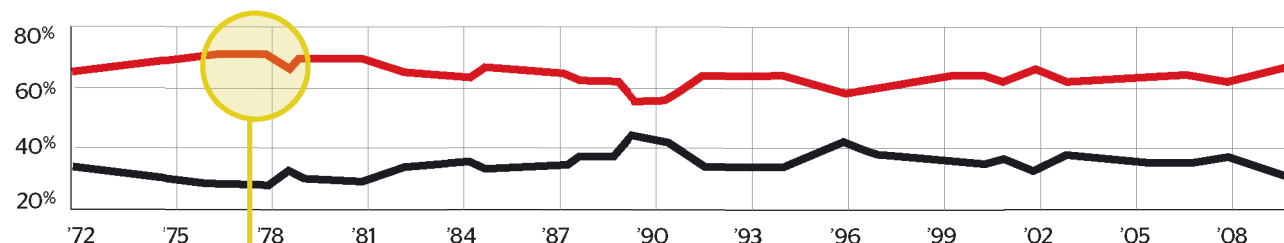


# DRINK TANK

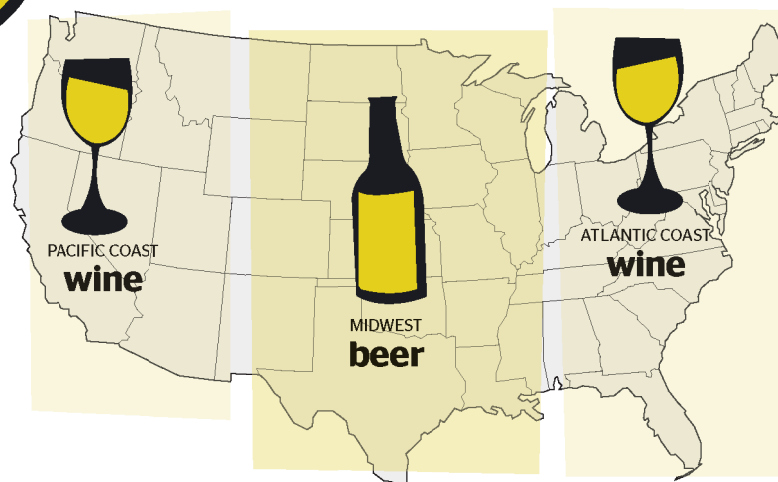
## Boozing on the rise

**NEW YORK** Whether it's a pint of beer, a glass of wine or a shot of booze, Americans are drinking alcohol at the highest rate in 25 years, according to a Gallup poll. Here's a closer look at the findings, culled from a phone survey of 1,020 adults. **REUTERS, GALLUP.COM**

**OVER THE YEARS** Do you drink alcoholic beverages, or are you a total abstainer? ■ % YES, DRINK ■ % NO, TOTAL ABSTAINER



**IT'S A REGIONAL THING**  
Drink preferences vary by region



**STATUS**  
People who imbibe tend to be ...

<input checked="" type="checkbox"/> More educated	<input checked="" type="checkbox"/> Wealthier
<input type="checkbox"/> Less educated	<input type="checkbox"/> Less wealthy

**FACT**  
Slightly more than 80 percent of people who said they earned at least \$75,000 annually also identified themselves as drinkers.

**BATTLE OF THE SEXES**  
Beer-wine preferences by sex  
Men: Beer Women: Wine

**Wait! What about liquor?**  
Men and women fairly even on liquor preference

**22%**  
Of **men** choose liquor  
**78%**: choose something else

**21%**  
Of **women** choose liquor  
**79%**: choose something else





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**Scott Bolohan**  
redeyesports  
@tribune.com

# Can you live like me for a month?

So the Museum of Science and Industry will pay someone \$10,000 to live there for a month. Two thoughts: One, holy smokes, that's awesome. I'm entering for sure. Two, they're paying \$10,000? People would pay \$10,000 for that?

A better contest would be to live like me for a month. Here's what the winner's life would be like:

Wake up on your air mattress, located on the floor in your room the size of a Holiday Inn bathroom.

Walk to the kitchen and eat Multigrain Cheerios.

Check your e-mail. Read two to five pieces of hate mail about your hair. Walk to the bathroom and look at yourself in the mirror. A tear streams down your cheek.

Shower and return to your room the size of a Geo Metro. Because you don't feel like doing the laundry, pick out your least dirty articles of clothing, all of which are either jeans or T-shirts in various colors.

Start work on column/article/blog/The Great American Novel but can't concentrate because it's 102 degrees in your room the size of an Apollo command module. Turn the fan on (no air conditioning) and hot air blows on you.

Not working, you walk to Starbucks. Order a venti green tea Frappuccino. After hearing it's \$5, immediately change your order to tall green tea Frappuccino. End up paying \$4.

Sit down to write column/article/blog/The Great American Novel but first check your fantasy team. Smile when Shaun Marcum throws seven shutout innings. A girl resembling Ke\$ha approaches and asks what you're doing. She recoils in horror as you tout Marcum's excellent WHIP.

Still flustered, read the latest 90,000 word Sports Guy column, check eBay for things you can't afford/don't need, search Wikipedia for Charlie Chaplin, the Loch Ness Monster and sneezes and check Kayak for cheap flights to Europe, which you can't afford.

Decide you need a break from work. Pull up Google Maps and look for the nearest Taco Bell. Discover it's 25 minutes on the "L."

Ride the "L" for 25 minutes to Taco Bell.

Forget the Cubs had a game and arrive at Addison as the game ends. Spend an hour walking to the Taco Bell across the street from Wrigley. There's red sauce in your burritos even though you definitely asked for no red sauce.

Return to your apartment to discover your roommates sleeping because they have real jobs. Smile and realize life isn't so bad. Turn the TV on and watch "Jersey Shore." Remember that life really is that bad.

Go to your Shaquille O'Neal-size room and sweat for six hours while attempting to sleep.

Repeat for a month.

Because I don't have \$10,000, the winner will receive a 1998 Topps Glenallen Hill baseball card and half a container of Silly Putty.

SCOTT BOLOHAN IS A REDEYE SPECIAL CONTRIBUTOR.

## TALK TO US

What's your take on things? We want to know.

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## Obama coming home

President to visit Chicago, appear at events with donors that could net \$2.5M

### Chicago Tribune

President Obama returns home Wednesday evening on his 49th birthday, with a celebration dinner giving way the next day to a series of campaign fundraisers with \$2.5 million worth of his closest Democratic friends.

The Chicago stop is among several this summer for the nation's fundraiser in chief, who has embarked on the traditional presidential role of helping to fill the coffers of Senate and congressional candidates in midterm elections that historically see the party in power suffer losses.

Obama's visit takes on added political significance in Illinois, his home state. One of the fundraising beneficiaries is Alexi Giannoulias, the first-term state treasurer and embattled former banker who is trying to keep Obama's onetime Senate seat in Democratic hands.

Last year, the White House shopped for a sturdier candidate to back in the February primary. In recent weeks, it slowly has warmed to Giannoulias, dispatching top administration officials—including Vice

### ITINERARY

- » Obama starts Thursday with remarks at Ford Motor Co.'s Southeast Side plant, following a recent trip to Michigan where he touted a resurging domestic auto industry.
- » Following that event, Obama hits three fundraisers. At the Palmer House, the president will help his protegee, Giannoulias, talking to a crowd that paid up to \$2,400 a ticket at an event a Democratic Party source estimates will bring in about \$1 million.
- » At the home of longtime Democratic fundraiser Neil Bluhm, donors will pay \$30,400 a person for a more intimate gathering with Obama that's expected to fetch about \$1.5 million.
- » The third event is a \$250-a-ticket reception at the Chicago Cultural Center before the president heads back to Washington.

President Joe Biden—to Chicago to help raise money.

Giannoulias, surrounded by controversy with his family's failed Broadway Bank, also got political help when Republican opponent Mark Kirk weakened his candidacy with admissions that he had embellished details about his military and personal background.

The decision by Obama to make his first return home since Memorial Day weekend

also carries some risks, however.

Obama returns to Chicago as a federal jury is weighing corruption charges against former Democratic Gov. Rod Blagojevich. The blockbuster trial included allegations that Blagojevich attempted to sell Obama's vacant Senate seat for personal and political profit. Obama administration officials had only limited contact with Blagojevich and his staff about the vacancy, trial testimony showed.



Firefighters work at the scene where a grenade was found. JOSÉ M. OSORIO/TRIBUNE

## Grenade found in Lincoln Park

### Chicago Tribune

A grenade found at a metal-recycling yard in Lincoln Park was blown up Tuesday by the police bomb and arson unit.

It was not immediately known if the grenade was live or inert, and previous reports that it was found hanging from a pole were incorrect, police said.

Just before 7 a.m., workers at the yard in the 1900 block of North Clifton Avenue saw a cardboard tube, looked inside and found "what appeared to be a grenade," said Chicago Police Officer Laura Kubiak. They immediately called 911 and moved the tube so that it was leaning against a nearby pole.

Police bomb technicians arrived a short time later and closed the immediate area to traffic while they investigated. They destroyed the grenade at about 8:20 a.m., said Chicago Police Officer Robert Perez.

## Man: Wire in my burrito

### Chicago Tribune

A Chipotle customer is suing the Mexican fast-food chain, claiming it served him a burrito that contained a black metal wire.

When Robert Miner of Chicago gulped down the burrito Sept. 16, 2008, the wire pierced the back of his throat, according to the lawsuit filed Monday in Cook County.

Five hours later, Miner underwent surgery to remove the wire, which was about 2 inches long, according to his attorney, Marvin Brustin.

Miner is suing Chipotle Mexican Grill and the owners and licensees of the restaurant on East Ontario Street for an unspecified amount of damages.

"I think it was one of those freak things, but we have to get to the bottom of it so it doesn't happen to someone else," Brustin said. A Chipotle company official declined to comment on the lawsuit Tuesday.



chicago

# Daley on crime: Ask top cop

## Chicago Tribune

Months away from a potential re-election bid, Mayor Daley on Tuesday ramped up his efforts to fight the perception that crime is on the rise in Chicago at a news conference detailing the city's collaborative efforts with law enforcement to combat violence.



Daley

The mayor, joined by Cook County Sheriff Tom Dart, Cook County State's Attorney Anita Alvarez, Chicago Police Supt. Jody Weis and others, called violence the "most immediate and pressing challenge" facing the city.

Daley's comments came after a several-day media blitz by Weis, who has sought to counter the belief among Chicagoans that violence is up. A Chicago Tribune/WGN poll released last month showed nearly half of respondents living in the city think the crime problem is getting worse, though Weis argues statistics show the opposite.

When Daley was asked Tuesday about the gap between statistics and the perception of crime, the mayor deferred to Weis. "Ask him," the mayor said, stepping away from the microphone.

Weis reiterated his recent public comments that wider media coverage influences people's thoughts about the amount of crime, though he says such coverage is fair. "I would never stand here and say the violence we're suffering in Chicago is acceptable. It's not," Weis said. "But I do think it's important to frame things."



Children step in unison as they head to a classroom at CPS's Safe Haven summer program at Deliverance Christian Center, 7737 S. Kedzie Ave. The monthlong program ends Friday. ANTONIO PEREZ/TRIBUNE

## Safe Haven summer wraps up

### Chicago Tribune

When Keonta Calimee, 13, realized he'd be spending his summer inside a church, he was wary.

"I thought, 'What is this?'" he said. "I thought the only thing we were going to do was read Bibles."

Instead, Keonta has been playing outside, exercising, learning about nutrition and talking about violence prevention and conflict resolution. He's one of more than 800 Chicago children taking part in a \$250,000 citywide Chicago Public Schools program called Safe Haven, aimed at keeping kids out of harm's way in the summer months, and teaching them lessons that can keep them safe far beyond that.

The monthlong program, which ends Friday, is an outgrowth of similar efforts the district tested over winter and spring breaks, in which it partnered with churches in higher-crime areas to provide students a place to go—and learn—when school wasn't in session.

On a recent weekday, four Tribune reporters fanned out across Chicago to visit more than a quarter of the city's 40 Safe Haven locations.

What they found were well-organized programs that seemed to be meeting their charge of engaging kids in conversations about violence, while also giving them room to have fun and enjoy a summer away from the dangers of surrounding streets.

Kids at the various sites were taking dance and Spanish lessons, writing essays about their communities, pairing up for self-esteem-building exercises and even going on field trips.

School district spokeswoman Monique Bond said all the Safe Haven programs are incorporating a theme of "Stop the Silence, Stop the Violence" into their daily activities with students. She said the district has been monitoring the summer sessions and is pleased with the results.

"Churches have always been safe havens for youth in many of these communities," Bond said. "These programs have become a very popular and known type of refuge for students when school's not in place."

## The jury may still be out, but Blago merchandise definitely is in

### Chicago Tribune

Will the jury buy former Gov. Rod Blagojevich's defense? Time will tell. But until then, there are dozens of opportunities to buy Blagojevich memorabilia.

From T-shirts to autographed photographs and knickknacks, sellers of Blagojevich-related merch say they hope a verdict will spark sales.

"Ezgraphs," an eBay seller who asked for his name not to be published for fear of online identity theft,

said sales were good while the ex-governor's wife appeared on "I'm a celebrity ... Get me out of here!" but have since slowed. Ezgraphs is selling more than 20 autographed photos of the disgraced governor, some listed at \$74.95, but doesn't expect to get that much.

"I'll be thrilled to get \$20," Ezgraphs said.

Among the other Blago-related items available on eBay: a 2003 inauguration key chain, a political pin

with the "Getting things done for people" slogan and a bundle of 35 newspaper articles covering the rise and fall of the former governor.

Over on Facebook, three entrepreneurs are having better luck with their \$20 Blagojevich "Hope" T-shirts. In just a month, Zach Ray, David Cifonelli and Greg Carlstedt said they have sold about 100 shirts with the word "hope" under the face of the former governor.

### UPDATE

A second consecutive day of deliberations in the corruption trial of Blagojevich passed Tuesday without any communications from the federal jury.



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### 9 dead in shooting

**1** Friends, family and co-workers of shooting victims gather Tuesday in Manchester, Conn., after a man opened fire on his co-workers, killing eight before killing himself. **REUTERS**



### Protest in Poland

**2** Supporters of late Polish President Lech Kaczynski scuffle with police Tuesday in Warsaw as they protest plans to move a cross commemorating the former president. **REUTERS**



### Cell phone crime fighting

**3** Nigerians line up Tuesday in the capital city of Abuja to register their cell phone SIM cards as part of a government move to help control crime. **REUTERS**

# Republican report blasts stimulus bill spending

**4** **WASHINGTON** Monkeys on cocaine. New windows for a closed visitor's center. Modern dance as a tool for software development.

A report released Tuesday by conservative Sens. Tom Coburn and John McCain cited these and 97 other projects as leading examples of misguided or wasteful spending under the Obama administration's \$862 billion economic stimulus bill.

Titled "Summertime Blues," the report is the third by the two senators targeting projects that they say fail to meet the job-creation goal of spending under the Recovery Act of 2009.

The report highlights the extraordinary "waste and mismanagement" of taxpayer dollars, said McCain (R-Ariz.). The stimulus plan "was supposed to create jobs. It does not."

Topping the list was \$554,763 spent for new windows at the Coldwater Ridge Visitor Center at Mount St. Helens in Washington state. The U.S. Forest Service facility opened in 1993 at a cost of \$11.5 million to provide visitors with panoramic views of the scenic volcano.

### WHITE HOUSE RESPONSE

Liz Oxhorn, the White House spokesperson for the Recovery Act, called the senators' report a partisan effort intended to undermine the overall success of the Recovery Act. According to Oxhorn, new research shows stimulus money is responsible for nearly 3 million jobs and has lowered unemployment by 1.5 percent.

However, it closed in 2007 due to staffing shortages, and now is getting the stimulus funds to replace its trademark windows in preparation for use for another purpose, according to information provided by the Forest Service.

Ranked second on the senators' list was a University of North Carolina at Charlotte project that received \$762,372 in stimulus funds to develop a computerized choreography program, the report said.

Then there is the project listed at No. 28 by the senators—\$71,623 to researchers at Wake Forest University to see how monkeys react under the effects of cocaine.

### 'Losing' war with Taliban

**5** The international community is "losing the war against the Taliban," Pakistani President Asif Ali Zardari said Tuesday. "Above all, this is because we lost the battle of hearts and minds," Zardari told the French newspaper *Le Monde* on a visit to Paris.



### Source: Jean to run for president

Wyclef Jean will announce exclusive-

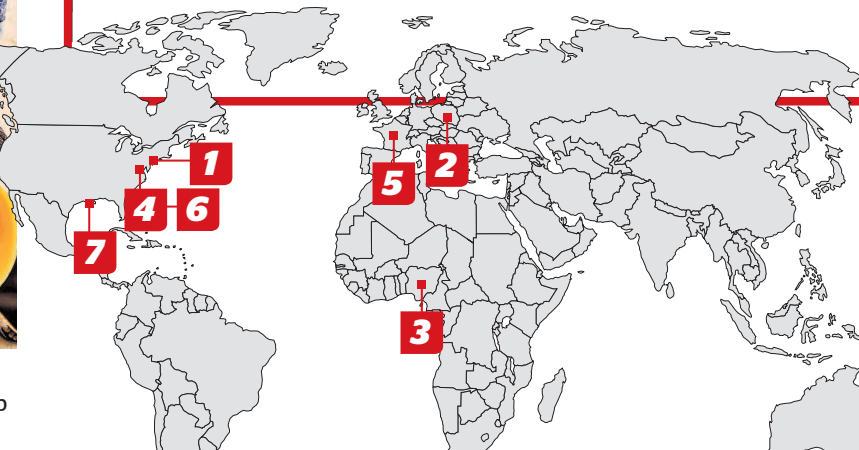
ly on CNN's "Larry King Live" on Thursday night that he intends to run for president of Haiti, a source close to the Haitian-American musician said Tuesday. Jean has been an outspoken proponent of Haiti through his Yele Foundation and was one of the first celebrities to offer aid after the devastating earthquake there in January.

### Kagan nears Senate approval

**6** Democratic and Republican senators clashed Tuesday as debate opened on President Obama's nomination of Elena Kagan to the U.S. Supreme Court, but she was expected to win approval later this week. The former Harvard Law school dean would fill the vacancy created by the retirement of Justice John Paul Stevens.

### BP begins 'static kill'

**7** BP pumped heavy drilling mud into its blown-out Gulf of Mexico well Tuesday in a "static kill" operation it hopes will help permanently plug the world's worst accidental marine oil spill. The operation is part of a two-pronged strategy that seeks to finally seal the Macondo well later in August through a relief well.



### THE DIGIT

## 72 million

That's how many U.S. adults are obese—about 26.7 percent—according to a Tuesday report from the U.S. Centers for Disease Control and Prevention. The stat is up 1 percent in two years.



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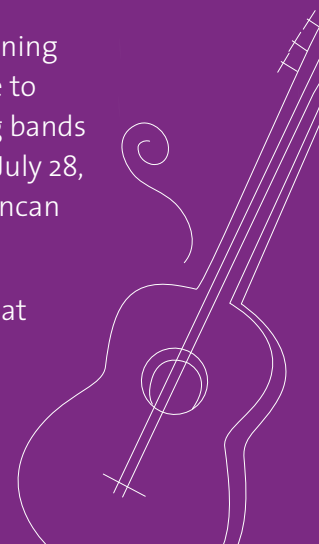


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## Sammy Sosa 41

After modest seasons with Baltimore and Texas, Slammin' Sammy hasn't had a major league at-bat since 2007. In June 2009 he said he was ready to hang 'em up, and three weeks later a New York Times report said Sosa tested positive

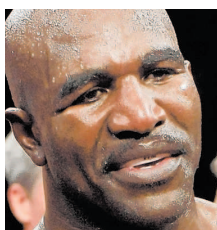
for performance-enhancing drugs in 2003. Strange, but there was no news conference, memo or even a fax, so is he really gone for good?



## Barry Bonds 45

In April, the all-time home run king said he had no plans to play but added that "No, it's not necessary at the moment [to retire]. The timing isn't that important." He's kept a low profile in since, which is unsurprising considering he's facing perjury charges

for allegedly lying to a federal grand jury in 2003, when he denied knowingly taking performance-enhancing drugs. For now, not even the White Sox—who are desperate for power hitting from the left side—are dialing his number.



## Evander Holyfield 47

The first boxer in history to win the world heavyweight championship four times, Holyfield's website says he's waiting to see where he'll fight next. The fighter showed he can be nimble outside the ring as well, placing fifth on ABC's "Dancing With

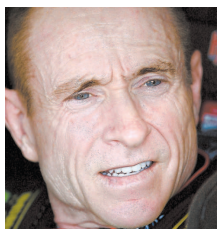
The Stars" in 2005. Holyfield also took down Francois Botha in April 2010, his most recent professional bout. Should Holyfield earn the heavyweight title a fifth time, can a rematch with Mike Tyson be far behind?



## Michael Jordan 47

Bulls fans were beyond elated when His Airness unretired the first time because it led to three more championships for Chicago. They were less excited, but not exactly deflated, when he donned a Washington Wizards uniform 2001. Now

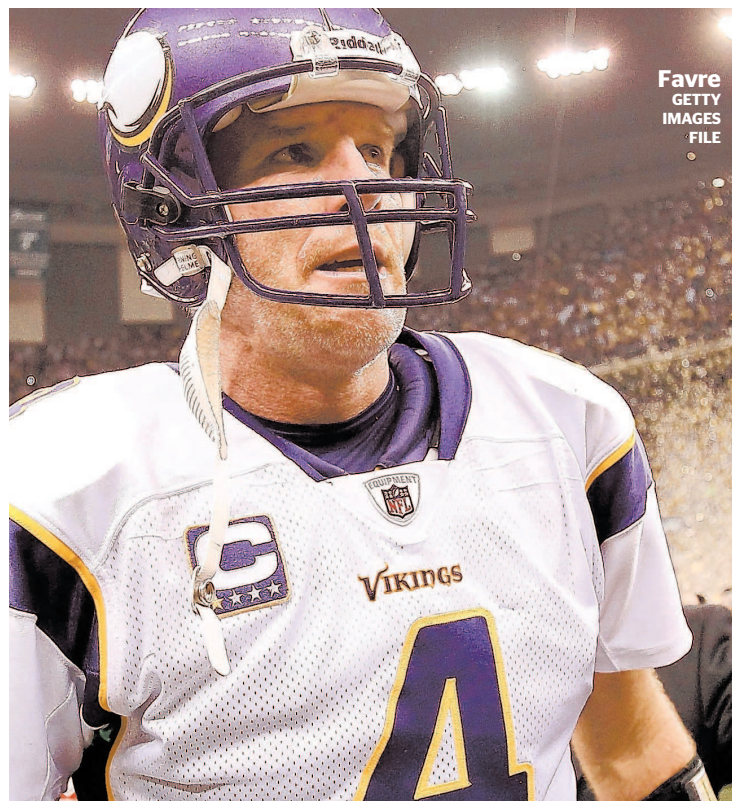
he's majority owner of the Charlotte Bobcats, who finished seventh in the Eastern Conference last season. Can he be the missing piece in a title run?



## Mark Martin 51

Martin "retired" from full-time racing on the NASCAR circuit after the 2005 season before returning in 2009. He must be glad he did, as he finished second in the Sprint Cup series and collecting five victories, including one at Chicagoland

Speedway in Joliet. He's currently 13th in the Chase for the Sprint Cup standings, so it appears he has plenty left in the tank.



Favre  
GETTY  
IMAGES  
FILE

# Sailing away?

## Favre not the only athlete who's reluctant to say goodbye to the glory

### RedEye

He retired from the Packers. Then from the Jets. Now we may have seen Brett Favre play his final game in a Minnesota uniform. NFL sources said late Monday that the all-time leader in passing yards, touchdowns and interceptions is telling Vikings personnel he's ready to retire.

But we've seen this song and dance before. Forgive our lack of shock if the 40-year-old Favre's surgically repaired ankle miraculously heals in time for the Vikings' season opener Sept. 9.

In the meantime, here are some other athletes who have had a hard time making their retirements "official."

# Bears not buying Favre farewell

### Chicago Tribune

The Bears are taking a we'll-believe-it-when-we-see-it approach to reports that Brett Favre, the future Hall of Famer and the all-time Bears killer, is finally done after 19 seasons in the NFL.

Brian Urlacher, who has had a terrific relationship on the field with Favre for a decade, was told Favre wasn't coming back as he walked into the dining hall at Olivet Nazarene University on Tuesday morning.

"Not coming back to training camp?" Urlacher cracked. "I'll believe that when the season begins."

The Vikings open the season Sept. 9 at New Orleans in a rematch of the NFC championship game, the one in which Favre threw a fateful interception late in the fourth quarter and left the game with an ankle injury that eventually required surgery in May. Unable to rehabilitate the ankle like he wanted, he's reportedly going to hang 'em up for the third time.

"I'll believe it that he's retired when he's not on the field in the first game of the year," said Hunter Hillenmeyer, who briefly played with Favre in Green Bay. "Until I see that, no."

The Bears are not scheduled to play the Vikings until Nov. 14 at Soldier Field in Week 10. They have a rematch in Minneapolis in Week 15 on ESPN's "Monday Night Football."

Favre was 20-4 vs. the Bears in the first 13 seasons of his career. After Lovie Smith arrived as coach in 2004, the tide finally turned for the Bears. They had a 7-3 record vs. Favre with Smith as the coach, including a split last season.

"Is he really retired? I didn't hear about it till just now," cornerback Charles Tillman said. "Good for him; he played a good career. If he is officially done, congratulations on 19 great years."

That's if he doesn't have a change of heart and return for a 20th year.



### THE DIGIT

## 2-0

Quarterback Tarvaris Jackson's (above) record against the Bears. Both wins for Favre's presumed successor with the Vikings came in 2007.



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five on five

# Unfair share

It's not fair that we have to put up with these panelists again. To have your say, visit [redychicago.com/5on5](http://redychicago.com/5on5).



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<b>1</b> What injustice in Chicago sports has gone overlooked?	Jay Cutler. I'm totally over his looks. His passes too.	The Chicago Sky.	The Lingerie Football League players haven't switched to thongs for their unis yet. It really is a tragedy.	The lack of Honey Bears.	Ignoring the stellar Bulls career of one Aaron Gray when he was here. Nah, just playin'.
<b>2</b> Whom should the Cubs bring up next to help the team?	Any of the AAAs. The Cubs could use some battery power.	It's time for Felix Pie to shine.	Can Ryno come back to play second base? Please?	Ryne Sandberg	Have they defrosted Ted Williams yet?
<b>3</b> Create a welcome sign for new Blackhawks goaltender Marty Turco.	Won't see a sign until he performs. Let's hold off on merchandise Marty.	"U R Turcool."	"Marty, I'm sorry. But the only power source capable of generating 1.21 gigawatts of electricity is a bolt of lightning."	"Make Tony O. proud and bring the Cup to Sault Ste. Marie."	"They have hockey in Dallas?"
<b>4</b> What would you do with the \$1 million the Hawks saved by not re-signing Antti Niemi?	Draft Tebow. He'd be great at hockey. He's well-versed in walking on water.	Make an awesome welcome sign for Marty Turco.	I'm in the journalism biz. I have no idea what \$1 million even looks like.	Sign a D-Man.	Buying diamond teeth like Kanye tweeted about! Laaaadies!
<b>5</b> Who deserves a day off at Bears training camp?	Major Wright. Leave it to a Florida guy to injure his groin. Practice makes perfect.	I picked Jay Cutler. Like every corner in the league.	Robbie Gould. He's got a tough life.	The chefs. Would you like to be responsible for feeding a football team?	Urlacher. One wrong move and dude will disintegrate like Minnesota's title hopes just did.

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## shortstops from news services



### DIAMOND VISION

#### TUESDAY'S SCORES

- » Milwaukee 4, Cubs 3
- » White Sox 12, Detroit 2 (Game 1)
- » Detroit 7, White Sox 1 (Game 2)

#### WEDNESDAY'S GAMES

- » Cubs vs. Milwaukee, 1:20 p.m.
- » White Sox at Detroit, 6:05 p.m.



Ramirez  
GETTY IMAGES

#### HERO OF THE DAY

##### Alexei Ramirez

Went a combined 5-for-9 during Tuesday's doubleheader with three runs scored and two RBIs.

#### DUD OF THE DAY

##### Carlos Torres

Made things awfully tough on himself and his team by walking five batters Tuesday night.

#### THE DIGIT

**809**

The number of at-bats between home runs for Juan Pierre. Before going deep Tuesday, the last one he hit was Sept. 15, 2008.

#### OZZIE'S QUOTE OF THE DAY

"You go to Las Vegas and bet, you never thought Juan [Pierre] would hit a home run in Detroit."



Alex Rios (left) beats the tag at home in the Sox's 12-2 win over Detroit on Tuesday.

MCT

# When a tie is a win

## Sox split twin bill with Tigers, get help from Rays

**DETROIT** The White Sox split a doubleheader but still managed to extend their American League Central lead Tuesday.

Thanks to Tampa Bay's victory over visiting Minnesota, the Sox now have a 1 1/2-game cushion over the Twins in the division.

In Game 1—a 12-2 Sox victory—Mark Buehrle earned his 10th win, marking the 10th consecutive season he's won at least 10 games in a season.

Alexei Ramirez continued his surge by matching his career-high with a four-hit game that paced a 15-hit Sox attack.

"This is one of the hardest ballparks to hit

a home run. He swings the bat pretty good," Sox manager Ozzie Guillen said of Juan Pierre, who hit his first homer since September 2008. "The last couple of days we were making fun of him because he started swinging the bat and all of a sudden he was bunting.

"You bunt when you are not getting hits."

Pierre extended his hitting streak to nine games that raised his batting average to .266. He also increased his American League-leading stolen base total to 40.

Buehrle (10-8) was the beneficiary of four-run rallies in the third and seventh innings.

In Game 2—a 7-1 Sox loss—Sox starter Carlos Torres struggled with control problems. He walked three but escaped with only one run in the first. He wasn't so fortunate in the second when the Tigers scored four times.

#### COMEBACK TRAIL

Former Cubs ace Mark Prior is trying to make another comeback. He signed with the Orange County Flyers of the independent Golden Baseball League and was in uniform Tuesday. Prior's five-year major league career with the Cubs ended in 2006. The 29-year-old right-hander had a 42-29 record and a 3.51 ERA in 106 starts. He had shoulder surgery and missed the 2007 season. A shoulder tear forced him to miss the next season.

Paul Konerko snapped Detroit's shutout bid with his 26th home run to lead off the seventh.

Omar Vizquel moved past Vida Pinson for 49th place on the all-time hit list at 2,758.

» **Forbes.com** named Blackhawks fans as 16th best in the U.S. among the four major professional sports leagues. "The Blackhawks have always had rabid fans. After winning the Stanley Cup this year—their first in 49 years—expect fan love to become even more intense." A significant increase in ticket prices might have something to say about that, however.



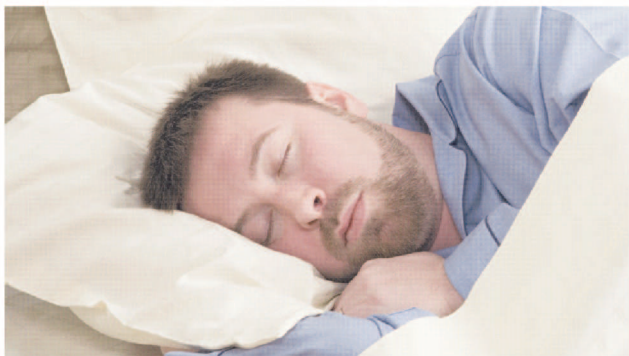
» Add Igor Makarov (left) to the mix of young Blackhawks prospects who likely will vie for a roster spot when training camp opens in September. The right winger, who played last season in the Kontinental Hockey League in Russia, signed a two-year contract with the Hawks on Tuesday. Makarov, 22, was the Hawks' second selection (33rd overall) in the 2006 entry draft.



# Tired of CPAP?

**O**ur patients are tired of their CPAP so they are not using it as directed by their physician. Dr. Craig states, "If you are not using the CPAP as directed your Sleep Apnea is not treated." You are probably still experiencing symptoms, still driving drowsy and still at risk for cardiovascular complications and other health problems. You don't have to feel this way!

Over time people accept that they feel tired and cannot function well due to their fatigue. They don't know any different and they figure that's just the way they are. If you ask them they might say they are fine. They come in because a bed partner couldn't stand their snoring anymore and they refuse to wear the CPAP. After being treated their energy returns, their mood perks up, they accomplish more and their relationships improve.



**Scott was treated successfully with the oral appliance and with CPAP, but he prefers the oral appliance.**

Melaney, the Clinical Director of Midwest Dental Sleep Center states, "After being treated with the oral appliance our patients tell us they did not realize just how exhausted they had been." She recalls a story where a patient's dog ate their appliance and it had to be sent back to the lab to get repaired. They commented that they had not realized how much better they felt until they were without the appliance for a few days. The patient reported that they could never go back to a time

in which they were untreated and they didn't understand how they functioned that way for so many years.

The oral appliance is similar to a retainer. It is clear, plastic and fits over the teeth. The oral appliance is small enough to fit in your pocket, simple to maintain and easy to travel with. No more hoses, straps or headgear! It works by moving the base of the tongue out of the airway and toning the muscles of the airway so that they do not collapse. This is the same reason why someone doing CPR during an emergency moves the lower jaw forward to clear the airway. The concept has been around for decades.

Midwest Dental Sleep Center is the first Dental Sleep Center in Illinois and one of the first in the country. Dr. Richard Craig is a licensed general dentist and has solely dedicated his time to treating patients suffering from snoring and sleep apnea. Dr. Craig states, "our office feels like a spa, staff really get to know our patients' stories and spend the time necessary to make sure they get the best care possible."

When people first call Midwest Dental Sleep Center they are concerned about whether or not medical insurance pays for it. Melaney explains, "Medical Insurance covers it, with the exception of Medicaid and Medicare." In the past they had to work for months to actually get the pre-approval and the payment from insurance. After a great deal of advocacy and appeals, Midwest Dental Sleep Center has developed excellent relationships with insurance companies. It is such a pleasure to be able to go through exact insurance payments with the patient before they commit to treatment. Melaney adds, "We have been one of the first centers in the country to really understand how to secure payment for this service."

So if you are tired of being tired, or your loved ones are just tired of your snoring, Call us at Midwest Dental Sleep Center today at (630) 218-1920 or visit us on the web at [tiredofcpap.com](http://tiredofcpap.com).

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## Sleep Apnea:

The Midwest Dental Sleep Center said most sleep apnea sufferers snore. Snoring alone, however, is not enough to diagnose sleep apnea. Other risk factors for the disease:

- high blood-pressure
- cardiovascular complications
- diabetes
- weight gain
- erectile dysfunction
- labored breathing or periods of not breathing while asleep
- daytime fatigue
- difficulty getting out of bed
- napping or dozing off
- drowsy driving
- morning headaches
- gastric reflux or heartburn
- need extra pillows to sleep
- frequent trips to the restroom at night
- easily frustrated or irritable
- hyperactivity (ADD or ADHD) in children
- difficulty with memory, ability to focus or concentration
- neck size over 15 inches for women; 17 inches for men

**If you have these symptoms you might have sleep apnea and need to see your physician.**





# metromix



## NEWS ALERT

**Sono Wood Fired** (1582 N. Clybourn Ave.), the new up-scale pizza spot next to Urban Burger Bar, opens today.

# Up all night

## Late-night dining options to stave off hunger in the wee hours

By Lisa Balde

"Sorry, kitchen's closed." Those dreaded words are most painful late at night when all you want is a decent, hot meal. As more restaurants open with later hours and new bars extend their menus until last call, it's getting easier to find after-midnight options—you just need to know where to look.



Triple Crown Restaurant

### Midnight

#### WEEK NIGHT EATS

### Triple Crown Restaurant

2217 S. Wentworth Ave.  
312-842-0088

**Kitchen closes:** 2 a.m. daily

**Order:** Dim sum. From 10 p.m.-2 a.m., this Chinatown sit-down offers a sizable array of dim sum items (about \$3 each) on its late-night menu, which also includes half-priced half portions of 200-plus entrees you'll find during the day.

### Big Star

1531 N. Damen Ave. 773-235-4039

**Kitchen closes:** 1 a.m. daily

**Order:** Anything on the menu. Unlike other bars, this popular Wicker Park spot doesn't abbreviate its menu of up-scale tacos, tostadas and frioles as the clock ticks by. Eat in or grab your order to go from the take-out window.

#### WEEK NIGHT EATS

### Lokal

1904 W. North Ave.  
773-904-8113

**Kitchen closes:**

1 a.m. daily

**Order:** Pierogi. Last week, this European-minded eatery debuted a pierogi bar from 10 p.m.-1 a.m., offering seven types of dumplings (\$6-\$8 for six with sauces). Entree seekers can order up sandwiches and salads.

### 1 a.m.

#### WEEK NIGHT EATS

### Simone's Bar

960 W. 18th St.  
312-666-8601

**Kitchen closes:**

2 a.m. Sunday-Friday.

3 a.m. Saturday

**Order:** Apps and personal pizzas. The kitchen stays open until the lights go down at this Pilsen bar. You won't go wrong with four kinds of empanadas or Simone's Pizza (\$8), topped with potatoes, parmesan and rosemary simple syrup.

### Boiler Room

2210 N. California Ave. 773-276-5625

**Kitchen closes:** 1:30 a.m. Friday,

2:30 a.m. Saturday

**Order:** Pizza. Try the new Logan Square bar's cash-only 'za whole or by the slice—or get a salad or app—till a half hour before closing time. Yes, that includes the \$7.50 PB&J special (pizza, beer and shot of Jameson).



Boiler Room

### Forever Yogurt

1924 W. North Ave. 773-772-4770

**Kitchen closes:** 1:30 a.m. Thursday, Friday and Saturday

**Order:** Dessert! Choose from 14 rotating flavors of self-serve fro-yo (think white chocolate-macadamia, cheese-cake and cake batter) then finish it with your choice of 40 candy, fruit, cereal and cookie toppings. Price determined by weight (49 cents per ounce).

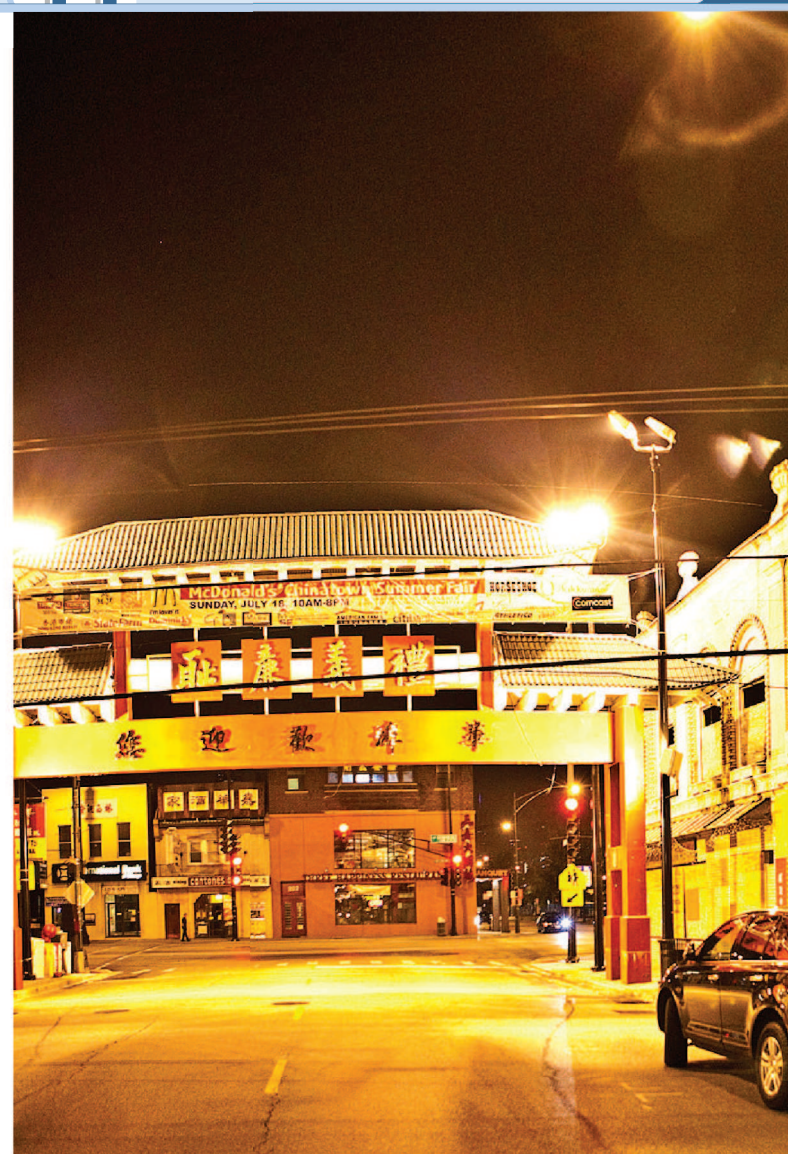
### 2 a.m.

### J. Wellington's

2045 W. North Ave. 773-687-9142

**Kitchen closes:** 3 a.m. Friday and Saturday

**Order:** Burgers. Build your own (\$6.50-\$7.50 and beyond) with signature sauces, toppings, cheeses and fancy fried-egg extras, or rely on J. Wellington's expertise and pick a house burger. Meatloaf, chicken and tilapia sammies and a tofuburger also available.



### Taco Fuego

1648 W. Belmont Ave. 773-935-9472

**Kitchen closes:** 3 a.m. daily

**Order:** Mexican breakfast. Sure, they do lightning-fast tacos, but we prefer indulging in chorizo and eggs (\$6.95) and chilaquiles (\$6.75) at this Lakeview counter-service spot. If your crew needs options, next-door **Late Night Thai** (1650 W. Belmont Ave.) serves fried rice, curries and stir-fries until 5 a.m.

#### WEEK NIGHT EATS

### Mercadito

108 W. Kinzie St.  
312-329-9555

**Kitchen closes:** 2 a.m.

Friday, 3 a.m. Saturday

**Order:** Ceviche and tacos. The special late menu covers the best parts of this River North spin-off of the New York chain, including made-to-order guac, ceviche, salsa and, of course, tacos—nearly a

dozen, with fresh ingredients and house-made corn tortillas.

### 3 a.m.

### Hop Haus

7545 N. Clark St. 773-262-3783

**Kitchen closes:** 4 a.m. Friday and Saturday

**Order:** One of six signature burgers (\$9.95). This Rogers Park hang-out's focus is steak burgers with lots of toppings, plus ostrich, boar, lamb and vegan patties. Don't miss just-added filet mignon steak sliders (\$5-\$6).

### Redhot Ranch

2072 N. Western Ave. 773-772-6020

**Kitchen closes:** 4 a.m. Sunday-

Thursday, 5 a.m. Friday-Saturday

**Order:** Dogs and fries. Opened in January, this Logan Square sib of Bridgeport's 35th St. Red Hots turns out classic dogs and crispy





**Triple Crown Restaurant**  
DAN PETERSON PHOTOS FOR METROMIX

fries (\$3 for a combo) just like Sox fans know and love.

#### 4 a.m.

### Pie-Eyed Pizzeria

1111 W. Chicago Ave. 312-243-3735

**Kitchen closes:** 5 a.m. Friday and Saturday  
**Order:** Italian classics. Timed to close after neighborhood nightclubs, this River West go-to for late-night pizza also makes Italian beef, meatball and barbecue beef sandwiches. Namesake slices (\$3.25-\$3.60) are ready and waiting on the counter.

#### 5 a.m.

### Elly's Pancake House

101 W. North Ave.  
312-643-2300

**Kitchen closes:**  
Open 24 hours  
**Order:** Pancakes. This

**WEEK NIGHT EATS**



round-the-clock River North diner is so confident in its cakes that it put them in the name. Choose from a dozen kinds (\$6.45-\$8.45), plus huge "baked" pancakes and other breakfast faves.

#### 6 a.m.

### Clarke's on Damen

1704 N. Damen Ave.  
773-661-1492

**Kitchen closes:** Open 24 hours

**Order:** Diner faves. The newest location of the Clarke's chain serves up reasonably priced, short-order meals from burgers and eggs to club sandwiches and pancakes.

**WEEK NIGHT EATS**

#### 7 a.m.

### Lawrence's Fisheries

2120 S. Canal St. 312-225-2113

**Kitchen closes:** Open 24 hours

**Order:** Fried shrimp dinners.

This family-owned quick-serve by the river prides itself in quality seafood served fast. Order a full meal (\$7.70) with coleslaw, fries, a dinner roll and your choice of house-made sauce.

LISA BALDE IS THE METROMIX PRINT EDITOR.  
LBALDE@TRIBUNE.COM



## Late-night faves

We asked the people who know late-night Chicago best—you. Here's what RedEye and Metromix's social media friends, fans and followers had to say on Twitter and Facebook.

### TWITTER

#### @orgullodemexico

Atotonilco 3916 W. 26th; El Presidente 2558 N Ashland; Maxwell St Polish Roosevelt & Dan Ryan Expwy (busiest from 12 to 5)

#### @KelliZink

Eggsperience- btwn 2 and 4am. Eggwhite greek omlette, whole wheat hotcakes, fruit. #2 Tempo's veggie omlette.

### FACEBOOK

#### Andy Ortega

Huck Finn about 3-5am for some good eggs & pancakes after a good nite of partying....

#### Jean C. Puga

Ihop on Diversey and California any time after 2AM. You always get the clubbers trying to sober up. The staff is always nice (at least to me) and it gets packed but nothing they can't handle.

#### Jordan Myers

Allende on Lincoln and Fullerton for sure! Can't beat guac and a torta at 3AM.

#### Pamela Patinkin

Bijan's is at State and Erie. Around 3 am on Saturday morning. Great great food and it's always packed. Lovely place for a snack at that hour! It's especially fun when all the windows and outside area are open!

#### MaryCatherine Henry

Definitely Suzie's on Montrose....they are open 24 hours! MMMM...cheese fries...super taco combo... or even a shake!

#### Allie Zhang

Ian's Pizzazaaaa!!!! there are so many different kinds of pizza, it's practically overwhelming. Plus, it's a decent slice of NY style pizza in the midst of Chicago. we usually go sometime around, after, or near 2am.

#### Barbara Renee Mitchell ?

5 faces in gold coast... everything in there is great!!!! [It] stays open til 5am

#### Diedra Willis

White Palace on 12th and Canal ... open 24 hours a day!! -COMPILED BY SCOTT KLEINBERG

»» Get info on lots more late-night destinations, from the Purple Pig and Folklore to San Soo Gap San, at [metromix.com](http://metromix.com).



## DINING DEALS AND EVENTS THROUGH SUNDAY

## 33 CLUB

3:30-6:30 p.m. Wed.-Fri.: Half-price appetizers; 1419 N. Wells St. 312-664-1419.

## ACT ONE CAFE

Wed.: Half-price bottles of wine; 10 a.m.-3 p.m. Sat.-Sun.: \$12.99 all-you-can-eat brunch; Sun.: \$5 bloody marys and mimosas; 1330 W. Morse Ave. 773-381-4550.

## AI JAPANESE RESTAURANT

5-7 p.m. Wed.-Fri.: \$4 maki and appetizers in the lounge; Wed.: \$5 select martinis; Thu.: \$3 hot sake; Fri.: \$10 classic cocktails menu; 5 p.m. Sun.: \$31.95 all-you-can-eat menu. Includes sushi, nigiri and entrees; 358 W. Ontario St. 312-335-9888.

THIS WEEK ONLY

## BLUE 13

7 p.m. Wed.: Rock 'n' Roll Dinner. This

month's installment of the restaurant's dining series and cocktail reception features five courses inspired by songs from Arcade Fire, the Strokes and the National. \$50. Add wine pairings for \$15. RSVP required; 416 W. Ontario St. 312-787-1400.

NEW LISTING

## DAVID BURKE'S

5:30-6:45 p.m. Wed.,

Sun.: \$40 three-course dinner menu; Wed.-Fri.: \$25 three-course lunch; 616 N. Rush St. 312-660-6000.

## DECA RESTAURANT + BAR

Wed.-Thu., Sun.: Half-price bottles and glasses of wine with entree purchase at dinner; 160 E. Pearson St. 312-573-5160.

## DUCHAMP

Sun.: Half-price bottles

of wine; 2118 N. Damen Ave. 773-235-6434.

THIS WEEK ONLY

## FRIETKOKEN/CHICAGO FRENCH MARKET

4:30 p.m. Thu.: Belgian beer and fries tasting. Sample six Belgian beers while munching on Belgian-style hand-cut fries served with ketchup, mayo and a sauce of your choice. \$15; 131 N. Clinton St. 312-575-0306.

FREE

## GAYLORD INDIA RESTAURANT

5-7 p.m. Wed.-Sun.: Free appetizers in the bar with drink purchase; 5 p.m. Wed.-Thu., Sun.: 20 percent off dinner menu; 100 E. Walton St. 312-664-1700.

## JANE'S

Wed.: BYOB; Thu.: \$5 margarita pints; 5-7 p.m. Fri.: Half-price appetizers;

## NANA

3-10 p.m. Sun.: \$22 three-course fried chicken dinner with sides. On the menu: deviled eggs, buttermilk biscuits, macaroni and cheese, green beans and rum cake; 3267 S. Halsted St. 312-929-2486.

1655 W. Cortland St. 773-862-5263.

## KODA BISTRO

Wed.: \$5.75 martinis and margaritas, \$29 three-course dinner (5 p.m.); 5 p.m. Thu.-Sun.: \$29 three-course dinner; 10352 S. Western Ave. 773-445-5632.

## MARKETHOUSE

Wed.: Half-price martinis, half-price bar menu; Thu.: Half-price bottles of wine with entree; 5-10 p.m. Sun.: \$20 three-course dinner; 611 N. Fairbanks Ct., Doubletree Hotel Chicago. 312-224-2200.

FREE

## NORI CHICAGO

6 p.m. Wed.: Complimentary appetizer with order of two

signature maki; 6 p.m. Thu.: One free maki with order of sushi or sashimi platter; 6 p.m. Sun.: Half-price appetizers; 954 W. Diversey Pkwy. 773-904-1000.

## RB GRILLE

Wed.: Half-price select bottles of wine; 1 W. Grand Ave. Rock Bottom Brewery. 312-755-0890.

## SARKIS ON THE PARK

Wed.: \$3 select omelets; Thu.: \$5 for a sandwich, hash browns and a drink; 444 W. Fullerton Pkwy. 773-404-9000.

## SUSHI TAIYO

Wed.: Half-price martinis; 58 E. Ontario St. 312-440-1717.



METROMIX FILE

## VIAND RESTAURANT

Wed.: Half-price bottles of select wine; 155 E. Ontario St. Courtyard by Marriott

NEW LISTING

Chicago Downtown hotel. 312-255-8505.

## WILDFIRE

Wed.-Sun.: \$32 three-course dinner. Add wine pairings for \$13

per person; Wed.-Fri.: \$7 select specialty cocktails, half-price appetizers in the lounge (5-6:30 p.m.); 159 W. Erie St. 312-787-9000.

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\$2<sup>50</sup> ALL BOTTLES\$3<sup>50</sup> STOLI PEACH DRINKS

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**LIVE MUSIC NIGHTLY**  
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**COMPANY OF THIEVES**  
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**THE ETTES**  
THIS FRIDAY! 8/6

**crash the party**  
**\$15 gets you**  
A PRE-PARTY FOOD BUFFET,  
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ON SALE THIS FRIDAY, 8/6 AT 10AM! ALL AGES

*This Week!*  
**Ted Nugent**  
WITH VAL HALLA  
**TONIGHT! AUGUST 4** 17+

**slightly stoopid**  
**COLLIE BUDDZ**  
AND NEW KINGSTON  
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**THIS THURSDAY! 8/5** 17+

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**Dare2 Dream** **Lollapalooza** AN OFFICIAL AFTERPARTY  
WITH A PORTION OF PROCEEDS GOING TO **SPIN** **KURT**  
**THIS FRIDAY! 8/6** 17+

**8-9 Summer Slaughter Tour 2010**  
Decapitated, The Faceless, All Shall Perish, The Red Chord, Veil of Maya, Cephalic Carnage, Decrepit Birth, Carnifex, Animals As Leaders, Vital Remains - All Ages  
**8-12 Dynasty Remix Presents**  
**Serenade** featuring Sway Penala / BTS Afterparty w/Manny Garcia, Ashley Barrera, Francis Perfecto, and I.B.U. - 17+  
**8-13 Hanson**  
**8-14** With Special Guest: Rooney - All Ages

**8-20 STS9**  
2 day pass available! Includes HOB and Aragon Ballroom ticket - 17+  
**8-21 George Thorogood & The Destroyers**  
Eddie Shaw - 21+ **loop**  
**8-21 Bassnectar**  
Official STS9 after-show! - 17+  
**8-28 I Am Fest**  
Masons Case, Ryan Powers Band, Laser Love, and more! - All Ages

**9-4 Dir en Grey/Apocalyptica**  
Evaline - All Ages  
**9-4 Lucky Boys Confusion**  
Allister, Facing Forward, Adora - All Ages  
**9-5 Crowded House** - 17+ **KURT**  
**9-8 Ghostland Observatory** - 17+  
**9-11 Led Zeppelin 2** - 17+ **loop**

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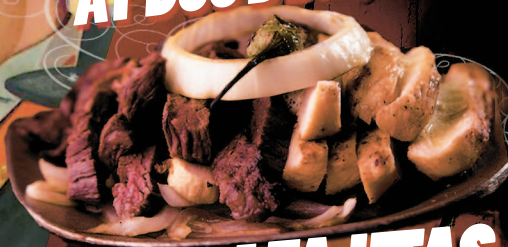
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**FAJITA NIGHT**  
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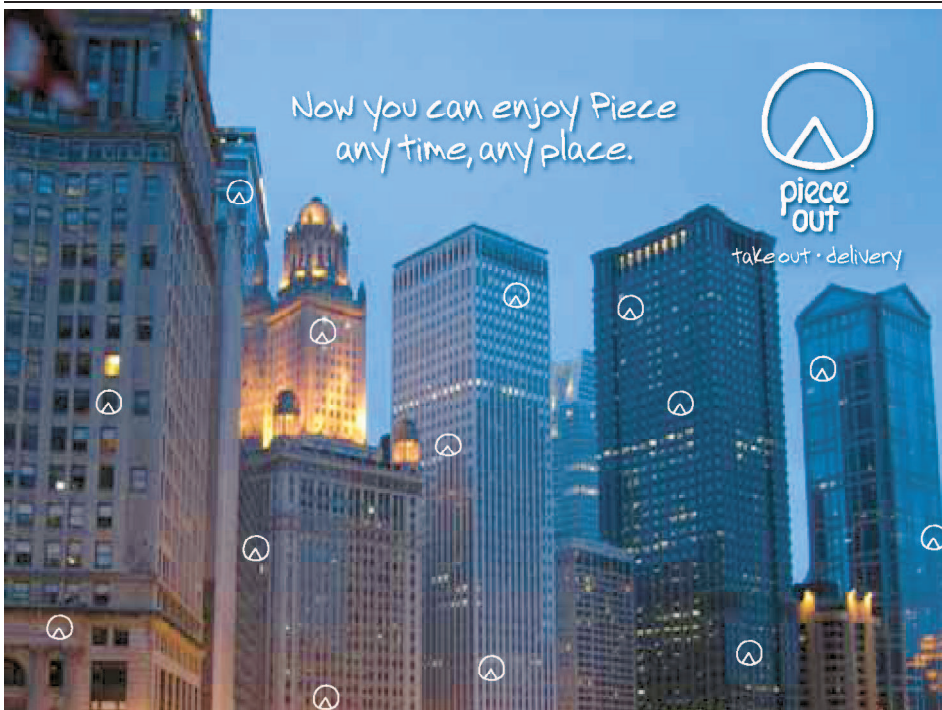


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## BAR-GUMENTS

SETTLING AGE-OLD, BAR-BASED DISAGREEMENTS ONE ARGUMENT AT A TIME

What is a bar-gument, you say? For as long as there have been watering holes, there have been disagreements. Some people prefer martinis with gin, some with vodka. Bar-guments is here to settle some longstanding bar conflicts once and for all.

**This week: Is bottle service worth it?**



METROMIX FILE

VS



### YES

Everyone loves to hate on bottle service, but there are cases in which it actually can be (gasp!) economical. Headed to a fancy downtown club to drink with

four friends? If you each pay \$20 cover at the door and \$20 for two drinks at the bar (which will be three-deep, no doubt), you're already collectively spending \$200. If you can agree on one liquor, pooling your cash for a bottle-service reservation will get you free admission, plenty to drink, cushy seats and the rock-star treatment. —LISA ARNETT



### NO

How much is a bottle of vodka worth to you? \$30? \$50? Maybe. But absolutely never, ever more than \$200. For plenty of people, that bottle is a status

symbol, but I don't care if it buys me the privilege of holding down a booth in an obscenely loud club filled with, as my girl Snooki would say, juiceheads. Instead, I'll spend my cash on whatever foolish combination of beer/wine/manhattans I choose, then enjoy sloshing those drinks all over other people, booth-free.

—DANA MORAN



**WINNER!**  
**STILL COOL**  
**65%**

**LAST WEEK'S RESULTS:**  
 Last week's results: Is PBR passé or still cool?

**PASSE**  
**35%**

LOG ON TO METROMIX.COM TO TAKE A SIDE.



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*Demi Lovato*

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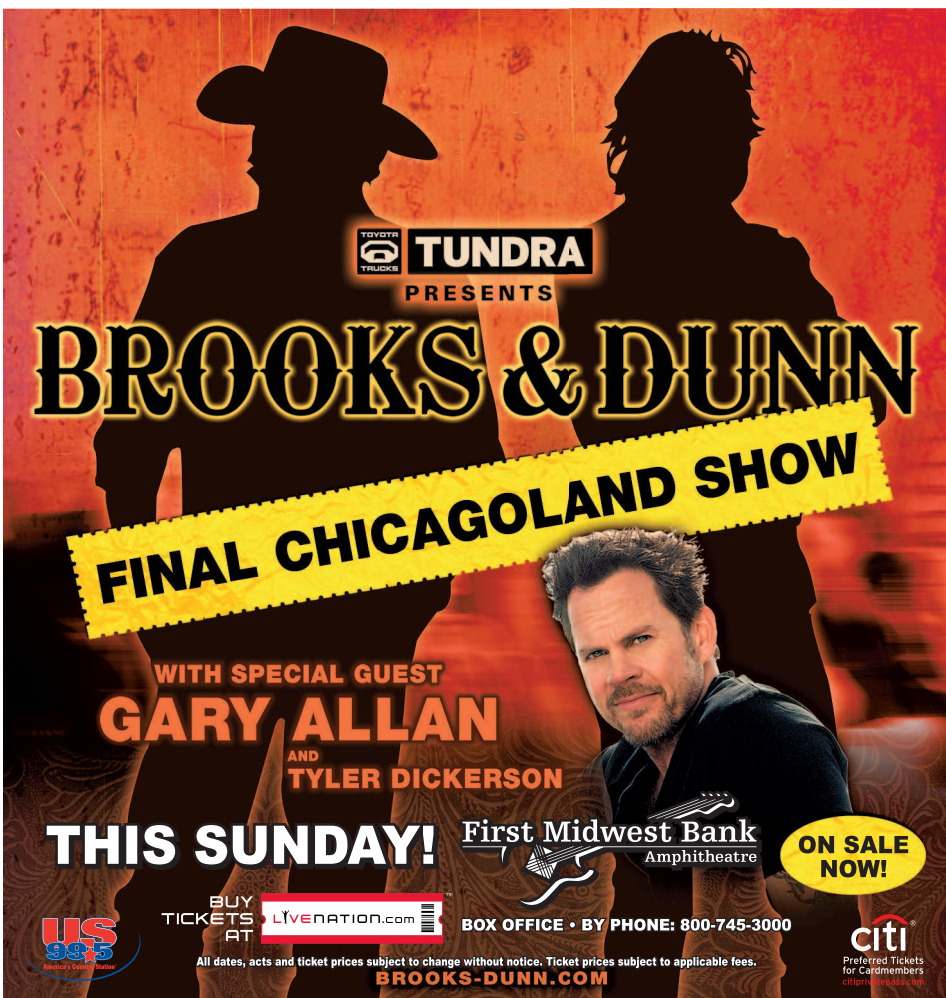
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**AUGUST 14 & 15**  
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**FRIDAY, AUGUST 6**  
DOORS OPEN AT 9PM  
info at [aChicagoThing.com](http://aChicagoThing.com)

bars&clubs tweet us @mmxbars



## RANDOM ACTS OF GREATNESS

5 THINGS WE'RE LOVING THIS WEEK



**1 The back room at Racine Plumbing Bar & Grill** (2642 N. Lincoln Ave.). You might not even realize there's more to this Lincoln Park bar than the small area in front. Head past the bathrooms to find the back bar, filled with sun during the day thanks to a huge skylight. —LISA ARNETT

**2 The lobster tails** at just-opened Palermo Bakery in Old Town (1533 N. Wells St.). These huge, flaky cream puffs (\$4.50) are ridiculously indulgent. —L.A.

**3 Ultra-creepy documentary "Cropsey."** Hurry to the Music Box (3733 N. Southport Ave.) to see it before it closes Thursday, and make time for other worthy indies like "Best Worst Movie" and "Countdown to Zero." They won't be around long. —MATT PAIS

**4 Baileys cupcakes** (\$1.90 each) at Luscious Layers Bakery (2315 N. Damen Ave.). These decadent cakes, made with actual Baileys, rotate into the Bucktown shop's regular lineup, so check availability at [lusciouslayers.com](http://lusciouslayers.com) before you go. (Also on our radar: chai tea cupcakes, \$1.90 each). —LISA BALDE

**5 The relaxing 60-minute Elemental Nature Facial** (\$40) at the Aveda Institute Chicago (2828 N. Clark St.). We were greeted by a friendly, professional staff during a recent trip—our first—and left feeling refreshed and energized. You can't beat the price, either. —REBECCA PALMORE

### JOIN THE RANDOMNESS!

What are you loving this week? Log onto [metromix.com](http://metromix.com) to send us your own Random Acts of Greatness. You might just spot your pick in a future issue.

### WEDNESDAY WINE DEALS

**CHIEF O'NEILL'S PUB**  
Half-price bottles of wine; 3471 N. Elston Ave. 773-473-5263.

**CLYBAR AND GRILLE**  
\$5 glasses of wine; 2417 N. Clybourn Ave. 773-388-1877.

**DISTRICT BAR**  
Half-price bottles of wine; 170 W. Ontario St. 312-337-3477.

**ENGLISH**  
Half-price bottles of wine; 444 N. La Salle St. 312-222-6200.

**THE FRANKLIN TAP**  
\$5 glasses of wine; 325 S. Franklin St. 312-212-3262.

**THE GRAFTON**  
Half-price bottles of wine; 4530 N. Lincoln Ave. 773-271-9000.

**KROLL'S SOUTH LOOP**  
\$5 glasses of house wine, half-price bottles of wine; 1736 S. Michigan Ave. 312-235-1400.

**LANDMARK**  
Half-priced bottles of wine; 1633 N. Halsted St. 312-587-1600.

**LAS PALMAS**  
Half-price bottles of wine; 1835 W. North Ave. 773-289-4991.

**LASALLE POWER CO.**  
Half-price bottles of

wine; 500 N. La Salle St. 312-661-1122.

**LINCOLN STATION**  
Half-price glasses of wine; 2432 N. Lincoln Ave. 773-472-8100.

**PATSY'S PLACE**  
Half-price bottles of wine; 2825 N. Lincoln Ave. 773-248-2825.

**PITCHFORK FOOD & SALOON**  
Half-price glasses and bottles of wine; 2922 W. Irving Park Rd. 773-866-2010.

**THE RED CANARY**  
Half-price bottles of wine; 695 N. Milwaukee Ave. 312-846-1475.

**ROSCOE'S TAVERN**  
Half-price bottles of wine; 3356 N. Halsted St. 773-281-3355.

**SOPO**  
\$5 glasses of wine; 3418 N. Southport Ave. 773-348-0100.

**T'S RESTAURANT AND BAR**  
\$5 glasses of wine; 5025 N. Clark St. 773-784-6000.

**VINTAGE 338**  
French Flight Night. \$15 per flight, \$5 off bottles of French wine; 338 W. Armitage Ave., Chicago, 773-525-0521.



# GET PORKED



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AUGUST 7**

**\$20 Meal Package Includes Huge BBQ Buffet All Day Long & Domestic Drafts From 1-4pm**

**FIGHT NIGHT**

**UFC 117**

**DURKIN'S**  
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*Package is optional*

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# music

## Unforgettable first time

### The singer of pop group Skybox makes good on a promise to perform at his inaugural Lolla

By Andy Downing

It's no stretch to say that Chicago's music scene is painfully underrepresented this year on Lollapalooza's sprawling lineup.

Only a handful of the fest's 124 acts boast a Windy City pedigree—the Ike Reilly Assassination, Mavis Staples, Company of Thieves, Flosstradamus and Felix da Housecat chief among them—a fact that isn't lost on lead singer Tim Ellis of local pop group Skybox.

"We feel honored to be one of the few Chicago bands playing," says Ellis, 26, who moved here from Arizona with his bandmates in 2006 to tour both coasts with greater ease. "We really want to do our hometown proud."

Ellis directs the band through its caffeinated, kitchen-sink pop (think a less manic Of Montreal), heard most recently on this year's "Morning After Cuts." By phone from Kansas City, the newly married singer discussed the sole reason he's never attended Lollapalooza, his culinary prowess and the biggest adjustment in relocating to Chicago from the desert.

#### Where were you when you got word about playing Lollapalooza?

I was actually at work at the Apple Store when we got the call. Being a Chicago band, it's a really big deal to play Lollapalooza. It's one of the biggest festivals in the world. We always wanted to play, so when we finally got that call we were all pretty excited about it. When we got together we probably went out to [The] Burlington in Logan Square for some drinks. That's one of our favorite places.



#### Have you been to any past Lollas?

Actually, no. We've been trying to [play] Lollapalooza the last couple of years, but it didn't work out. Last year I had offers to attend from people I know in the industry, but I chose not to go because I really wanted my first time there to be when I played. Maybe I can come back next year as a spectator and see that side of things.

#### What was the biggest adjustment you had to make relocating to Chicago from Arizona?

I'd say not living together. In Phoenix, the band shared a house ... and everybody knew about the Skybox house and would come over to party. We're all older now and we have

families and some of us are married, so we can't really do that anymore.

#### I'm surprised you didn't say the weather.

I'd rather have a bit of a winter than a crazy hot summer. Phoenix heat can be brutal. I like to be able to see fall coming and to have a little bit of snow.

#### The lead single from your most recent album is called "In a Dream." How much of the new record came together while you slept?

I wrote 30 or 40 songs when we started, but they all had this weird, folksy thing going on, and when we sat down as a band it just wasn't really flowing. So I went back to the drawing

board and tried to find a way to take these melodies that were floating in my head and to get them down and record them immediately. That's how a lot of these songs came about, so I suppose they could have come to me when I was asleep. I'm really not sure where they came from; they were just there.

#### Your breakout song was called "Various Kitchen Utensils." What's the most essential kitchen tool you own?

I like to cook, so having a good knife is key.

#### Are you much of a chef?

I don't think I'm that great, but I like to do it. Hanging out in the kitchen is my relax-

## FASTFWD

THIS WEEK'S TOP 5 LIVE SHOWS

#### 1. Lollapalooza

11:15 a.m. Fri.-Sun.  
at Grant Park

Obviously.

#### 2. The National, The Antlers

11 p.m. Sat. at House of Blues

Lolla's most moving pre-show.

#### 3. Phosphorescent, J. Tillman

9:30 p.m. Thu. at Empty Bottle

A good show unrelated to Lolla!

#### 4. Cut Copy, Dragonette

11 p.m. Fri. at Metro

A Lolla-related dance party that will be super-sweaty.

#### 5. Jonas Brothers

7:30 p.m. Sat. at First Midwest Bank Amphitheatre

Eh, they'll prolly be at Lolla in a couple years anyway.



## New releases



### Arcade Fire

!!!! *"The Suburbs"*  
●●●● (Merge Records)

On Arcade Fire's stellar third album, frontman Win Butler finds himself pulled in countless directions. The Montreal-based collective's first two records dealt idealistically with death and war, respectively, but now Butler surveys the terrain and sees a planet in peril. "The Death Star collapsing," he sings on the Bowie-esque "Deep Blue." Meanwhile, he pines for children of his own and questions how different he really is from the mindless drones he spies waiting in line in supermarkets, banks, etc. "I used to think I was not like them," he sings over handclaps and breezy electric guitar on "City With No Children," "but I'm beginning to have my doubts." Elsewhere, Butler struggles with record label vampires (the gothic "Ready to Start") and the Internet-fueled, build-it-up-to-tear-it-down music culture ("Rococo"). What emerges is the sound of a band striking that delicate balance between youthful ambition and the realities of encroaching adulthood. —ANDY DOWNING, SPECIAL

TO METROMIX

**In concert:** 8:30 p.m. Sun. at Grant Park



### CHI-TUNES

#### Skybox

**When:** 12:30 p.m. Saturday

**Where:** Lollapalooza BMI stage, Grant Park, 500 S.

Columbus Drive

**Tickets:** \$90-\$215

Listen on **metromix.com**: "Morning After Cuts"



**Tim Ellis (second from right) and Skybox**

ation time because I'm not working and I'm not with the band. I make a good baked mac and cheese. I also make really good gumbo. I definitely like to utilize the Crock-Pot.

**That song in particular has a real cabaret/musical theater vibe. Were you ever involved in high school theater?**

No, actually. I went to a really small private school and we didn't even have a drama department. I definitely would have been way into that. I did like musicals a lot back when I was younger, like "Man of La Mancha," "Annie" and "Jesus Christ Superstar." I loved the spectacle.

ANDY DOWNING IS A METROMIX SPECIAL CONTRIBUTOR.

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## WEDNESDAY CONCERTS

## 7TH HEAVEN

6 p.m. Free. Navy Pier,  
600 E. Grand Ave.  
312-595-7437.

ALFONSO  
PONTICELLI AND  
SWING GITAN

9 p.m. \$6. Green Mill,  
4802 N. Broadway.  
773-878-5552.

ANDY MARCHEL  
AND THE COCAINE  
RAINBOW,  
ALRIGHT CLASS,  
KRAMER VERSUS  
KRAMER

8 p.m. \$7. Ronny's,  
2101 N. California Ave.  
mpshows.com

BOB LOG III,  
THE PORK TORTA

9 p.m. \$12. Schubas,  
3159 N. Southport Ave.  
773-525-2508.

**THE CONSTELLATIONS,  
YOUR VILLAIN MY HERO, CHURCHILL,  
FAIR HERALD, DJ MILLION \$ MANO**  
5:30 p.m. \$13. Metro, 3730 N. Clark St.  
773-549-0203.

DAME MYRA HESS  
MEMORIAL CON-  
CERT: TOMO MATSUO

12:15 p.m. Free. Chicago  
Cultural Center, 78 E.  
Washington St.  
312-744-6630.

## DAN CRAY TRIO

5 p.m. \$5. Andy's Jazz  
Club, 11 E. Hubbard St.  
312-642-6805.

**DROP DEAD GOR-  
GEIOUS, SLEEPING  
WITH SIRENS, ATILLA,  
ABANDON ALL SHIPS,  
FOR ALL THOSE  
SLEEPING, OTHERS**  
3:45 p.m. \$15. Subter-  
ranean, 2011 W. North  
Ave. 773-278-6600.

GRANT PARK  
MUSIC FESTIVAL

6:30 p.m. Free. Jay  
Pritzker Pavilion, Mil-

lennium Park,  
201 E. Randolph St.  
312-742-7638.

GRANT PARK  
MUSIC FESTIVAL  
(OPEN REHEARSAL)

11 a.m. Free. Jay Pritz-  
ker Pavilion, Millennium  
Park, 201 E. Randolph  
St. 312-742-7638.

## GUY KING

9:30 p.m. \$10. Buddy  
Guy's Legends,  
700 S. Wabash Ave.  
312-427-0333.

## JAMES CONLON

7 p.m. Free. Ravinia  
Festival, Bennett-  
Gordon Hall, 200-231  
Ravinia Park Rd.,  
Highland Park.  
847-266-5100.

JUAN RIVERA AND  
LOS PICHARDO,  
FELIPE ROBLES

8:30 p.m. \$5 suggested  
donation. Old Town  
School of Folk Music,  
4544 N. Lincoln Ave.  
773-728-6000.

**JULIETTE LEWIS,  
THE LAST VEGAS,  
DEARLY BELOVED**  
8 p.m. \$15-\$17. Reggie's  
Rock Club, 2109  
S. State St.  
312-949-0120.

## KELLI O'HARA

8:30 p.m. \$15-\$40.  
Ravinia Festival, Martin  
Theatre, 200-231 Ravin-  
ia Park Rd., Highland  
Park. 847-266-5100.

LOVER!, GIRLS  
AT DAWN, TYLER  
JON TYLER

9:30 p.m. \$8. Empty  
Bottle, 1035 N. Western  
Ave. 773-276-3600.

**RED DIRT FEST:  
STONEY LARUE,  
RANDY ROGERS,  
BRANDON JENKINS**  
7 p.m. \$30-\$125. Joe's  
Bar, 940 W. Weed St.  
312-337-3486.

## ROLLDOWN

9:30 p.m. \$6. Hideout,  
1354 W. Wabansia Ave.  
773-227-4433.

**TED NUGENT**  
9 p.m. \$36-\$43. House  
of Blues, 329 N. Dear-  
born St. 312-923-2000.

TREVOR HALL,  
MATTHEW SANTOS

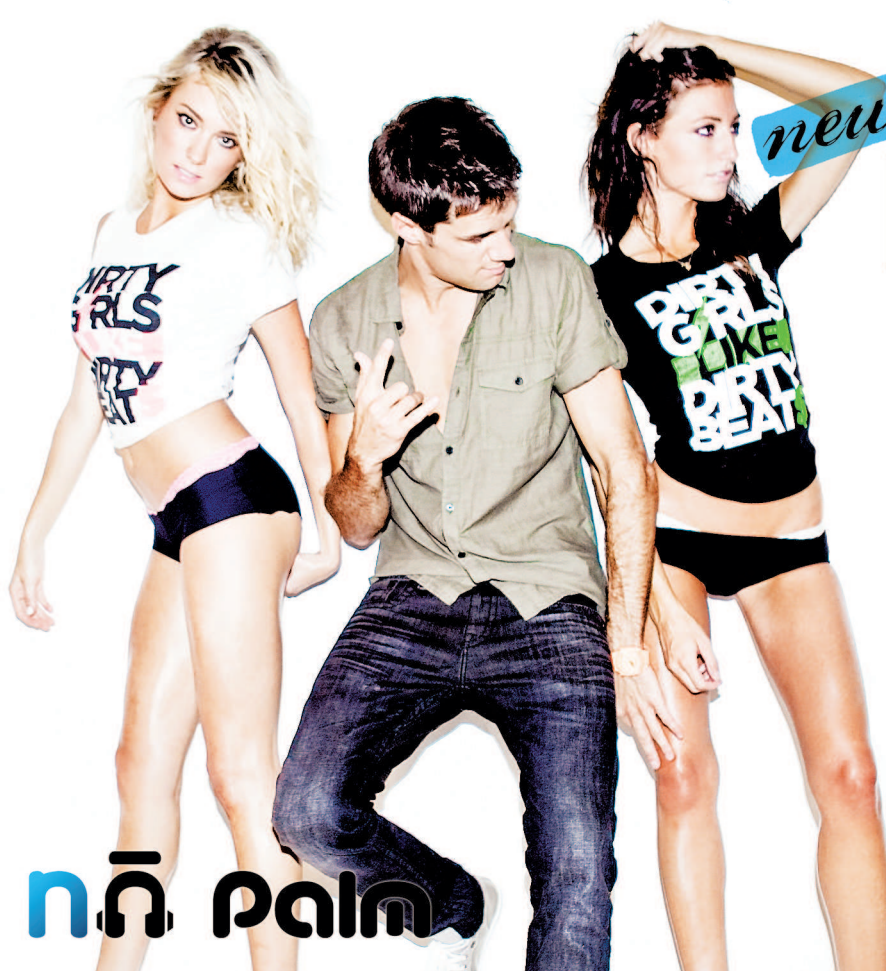
8 p.m. \$16-\$26. Space,  
1245 Chicago Ave.,  
Evanston.  
847-492-8860.

TRIBUTOSAURUS  
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JOHNNY CASH)

7 p.m., 10 p.m. \$15. Mar-  
tyrs', 3855 N. Lincoln  
Ave. 773-404-9869.

**THE TWILIGHT GAR-  
DEN, LOVE SHOTS,  
NATHAN COTTER**  
8:30 p.m. \$8. Elbo  
Room, 2871 N. Lincoln  
Ave. 773-549-5549.

**VERY TRULY  
YOURS, WELLS-  
NEXT-THE-SEA,  
AGE OF ANIMALS**  
8:30 p.m. \$8. Beat  
Kitchen, 2100 W.  
Belmont Ave.  
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## TICKETBOOTH

YOUR ON-SALE CONCERT GUIDE



### ON SALE 10 A.M. FRIDAY

**Jason Derulo**, Sunday, Oct. 3 (\$23-\$28, all ages) at House of Blues.

### ON SALE 10 A.M. WEDNESDAY

**Bo and the Locomotive, Benjamin Ezra, Warren Buckler**, Tuesday, Aug. 17 (\$7, 21+) at Martyrs'.

**Bonzo Terks, Quick and Easy Boys, BC**, Monday, Sept. 13 (\$7, 21+) at Martyrs'.

**Groovatron, Strange Arrangement**, Friday, Oct. 29 (\$8, 21+) at Martyrs'.

**Liz Knowles**, Saturday, Sept. 25 (\$12, 21+) at Martyrs'.

**Tributosaurus**, Wednesday, Sept. 1 (\$15, 21+) at Martyrs'.

### ON SALE 10 A.M. FRIDAY

**Sara Bareilles**, Wednesday, Nov. 3 (\$21.50-\$23, all ages) at House of Blues.

**Circa Survive**, Friday, Nov. 19 (\$16.50-\$18, all ages) at House of Blues.

### ON SALE NOON FRIDAY

**The Alternate Routes, Barefoot Truth, The Kin**, Friday, Oct. 22 (\$12, 18+) at Schubas.

**Bear in Heaven**, Friday, Oct. 29 (\$15, 18+) at Lincoln Hall.

**Black Prairie, Honda Pavarotti**, Thursday, Oct. 21 (\$12, 21+) at Schubas.

**Breathe Owl Breathe**, Sunday, Oct. 3 (\$8-\$10, 18+) at Schubas.

**Carl Broemel**, Saturday, Oct. 9 (\$10, 21+) at Schubas.

**Junip, Sharon Van Etten**, Saturday, Nov. 6 (\$15, 21+) at Lincoln Hall.

**Erin McKeown**, Wednesday, Oct. 20 (\$15-\$18, 21+) at Lincoln Hall.

**Motion City Soundtrack, Say Anything, Saves the Day, Valencia**, Saturday,

Oct. 30 (\$23-\$25, all ages) at House of Blues.

### ON SALE 10 A.M. SATURDAY

**Jesse Malin and the St. Marks Social**, Saturday, Sept. 18 (\$10, 17+) at Subterranean.

**Joshua Radin, Good Old War, Kelley James**, Wednesday, Nov. 24 (\$22.50, all ages) at Vic Theatre.

### ON SALE 11 A.M. SATURDAY

**Carbon Leaf**, Wednesday, Sept. 8 (\$17-\$20, all ages) at Space.

**Graham Colton**, Saturday, Sept. 25 (\$14-\$18, all ages) at Space.

**Bonnie Koloc**, Friday, Oct. 15 (\$20-\$25, all ages) at Space.

**Pat McGee**, Thursday, Sept. 23 (\$20-\$25, all ages) at Space.

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Prom Night

New local company Les Enfants Terribles melds improv with circus arts and clowning to portray a high school dance unhinged by mutants. Next show: Thursday. Through Aug. 14. \$15-\$20. Red Tape Theatre, 621 W. Belmont Ave. Tickets: [redtapetheatre.org](http://redtapetheatre.org)

Bare

A coming-of-age pop opera about two boys who encounter love—and scandal—at a Catholic boarding school. Next show: Thursday. Through Sunday. \$20. Stage Door Fine Arts at Stage 773, 1225 W. Belmont Ave. 773-327-5252.

In Love's Bright Coils

Genesis Ensemble explores the evolution of the American love letter. Opens Friday. Through Aug. 29. \$10. Charnel House, 3421 W. Fullerton Ave. Tickets: [genesisensemble.org](http://genesisensemble.org)

Leaving Timmy

A new drama by local playwright Paul Barile, in which a man attempting to deal with tragedy is sidelined by an unexpected visitor. Next show: Friday. Through Aug. 15. \$10-\$15. The Sweet Life at Prop Thtr, 3504 N. Elston Ave. 773-539-7838.

Under Milk Wood

The final show at Theater on the Lake is Dylan Thomas' dark comedy about the residents of a fictional Welsh town, staged by Caffeine Theatre. Wednesday through Sunday. \$17.50. 2401 N. Lake Shore Drive. 312-742-7994.



Critical mass



The latest comments and reviews from viewers like you

From comedy to nudity, readers are buzzing about Chicago's theater scene, proving once more that everyone's a critic. Drop us a comment about what you've seen on stage at [metromix.com](http://metromix.com) and you could see your own review in a future issue of Metromix/RedEye.

REVIEWS HAVE BEEN EDITED AND, IN SOME CASES, CONDENSED. [METROMIX@TRIBUNE.COM](mailto:METROMIX@TRIBUNE.COM)

The Red Bar Comedy Club

Ontourage, 157 W. Ontario St.

When: 8 and 10 p.m. Fridays-Saturdays

Tickets: \$12; [redbarcomedy.com](http://redbarcomedy.com)

The show: Local comedian Kyle Lane and Red Bar Radio host Mike David present a Vegas-style stand-up revue with a rotating roster of local comedians.



This is the most fun place I have been to in a really long time! No drink minimums! The place is gorgeous inside, all red and aglow. The feeling and mood of the place is very cool and foggy. You can see the stage great from any seat. It's comfy, the music is cool, the drinks are great, you are treated really well and the show had us in stitches. Finally, a great place to go without spending your life savings!!! —RD4610

Really cool place. Had a blast. —CRAKIEFACE FROM ALBANY PARK

As someone who has been seeing and writing about Chicago stand-up comedy for five years, I wanted to add my two cents. One of only two or three downtown venues to highlight local stand-up, Red Bar is doing everything right to ensure a solid show and a great time for audience members. —KROCK FROM UPTOWN

Comedians You Should Know

Timothy O'Toole's, 622 N. Fairbanks Ct.

When: 9 p.m. Wednesdays

Tickets: \$5-\$10; [comediansyoushouldknow.com](http://comediansyoushouldknow.com)

The show: See eight Chicago-based comedians, including comedy.com favorites Danny Kallas, Mike Sheehan and Junior Stopka, plus a local or national guest.



Inappropriately hilarious! —DIVCHATKO FROM GOLD COAST

I have seen the show a few times now, and each night the comedians were very refreshing. The show was cheap, the drinks were strong and all the comics were absolutely killin' it. I could be wrong, but I'm pretty sure it's one of the best deals in the city on a Wednesday night. —ELLEARREINCHICAGO FROM LINCOLN PARK

The Emperor's New Clothes

National Pastime Theater, 4139 N. Broadway

When: 8 p.m. Fridays-Saturdays through Aug. 14

Tickets: \$20; [nakedjuly.com](http://nakedjuly.com)

The show: A futuristic adaptation of Hans Christian Andersen's classic tale is performed by actors-in-the-buff as part of the Naked July fest.



"The Emperor's New Clothes" has always been one of my favorites. The show is set in modern L.A., very political with an incredible sense of timing and humor. The cast got naked at the end. Every element of this production seemed to have integrity. —SWEETGURL FROM LAKEVIEW

I give it 3 out of 5! I saw this show twice: The first time I wasn't as impressed, but went again, letting my brother foot the bill. They made improvements in a week that, quite frankly, made it a different show! That's what I like to see in theater: a living creation, ever changing and always improving! —KATHLEENMARIK FROM LINCOLN PARK





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— *Chicago Theatre Blog*

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# pop



# Sonic rewind

A surprising comeback for cassettes

L.A. Times

When the vinyl LP began its modest but highly publicized commercial comeback a few years ago, the format felt easy to love again. With sprawling artwork, pristine sound quality and the adoring ritual of flipping album sides, its return united young bohemia and their boomer parents alike.

Not so for the lowly cassette tape. To mainstream music fans who spent the '80s detangling spools with a paper clip, listening to heat-damaged sounds warble out of the speakers and blindly fast-forwarding or reversing to get to a favorite song, cassettes might be the most despised, instantly discarded and fidelity-challenged medium to ever vie for mass popularity.

"Tapes remind me of Dollar Stores and K-Mart," said Chris Jahnle, the 22-year-old co-founder of Kill/Hurt, a new Hollywood record label specializing in small batches of outre noise-rock released on cassettes dubbed in his living room. He's no Luddite—Jahnle works in a major label's digital marketing department, and co-founder Katrina Bouza just wrapped up an internship at the hotly tipped L.A. indie label IAMSOUND Records. They know that "tape is like the weird uncle no one talks about," Jahnle said.

And yet across pockets of America and especially among shoe-string record labels, DJs and boutique stores, this weird uncle is again a welcome guest. A tiny but busy tape-based music culture is growing from roots in economic necessity, thrift-store crate-digging and a pride in being difficult for its own sake.

Cassettes also carry a different nostalgia, one not tracked by SoundScan. They evoke high-school mixes from crushes and dates soundtracked by tunes recorded off the radio. The emotional archaeology of trawling through shoeboxes of cracked cassettes has a resonance that iTunes doesn't offer.

After all, Jahnle said, "Mp3s sound terrible anyways, so why not have something that sounds terrible that you can hold?"

Originally marketed for dictation and portable voice recording, mass-produced cassettes became a format for distributing music in the U.S. in the '60s. Their notoriously sub-par fidelity improved throughout the '70s, and with the rise of the portable Sony Walkman in the 1980s and as automobiles came equipped with standard cassette decks, the tape became a second viable mainstream format alongside vinyl LPs and later compact discs. (The less said about the

Cassette tapes were easily tossed aside in the move to digital formats, but there is still a cult following and new releases put out on tape. L.A. TIMES



BARGAIN  
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8-track tape of the 1970s, the better.)

Like Mp3s, tapes compensated for their relatively degraded sound quality with portability and the ability for fans to record and share music. This sparked a small panic—now impossibly quaint—among record labels worried that home taping would gut retail record sales.

But even as the compact disc usurped it as a mass medium those convenient features kept the cassette alive at the musical margins.

For artists in fringe genres such as noise and garage-rock who want to document their music but only expect to sell a few copies, home-dubbed tape remains an economical godsend. By trawling eBay with a few hundred bucks, an artist or novice label head can buy used duplication equipment and bang out a hundred copies over a weekend.

“Tape fits in with a belief system of how intimate music is made,” said Britt Brown, co-founder with his wife, Amanda Brown, of Not Not Fun Records ([notnotfun.com](http://notnotfun.com)), which releases much of its catalog of psychedelic, noisy rock by bands such as Pocahontas and Robedoor on cassette. “And I’ve never seen such voraciousness as in people who want a limited-run tape.”

That fetishistic quality is part of what has sustained the format. Sonic Youth’s Thurston Moore, a longtime tape aficionado, curated a 2005 book, “Mix Tape,” dedicated to the art and culture of homemade tape culture. For years, the L.A. label Deathbomb Arc ([deathbombarc.com](http://deathbombarc.com)) nurtured a subscription club of home-assembled tapes for artists such as Lucky Dragons in editions of 100. Not Not Fun has released cassettes wrapped in medical gauze and cassettes taped to beer cozies (with a lukewarm beer inside it).

Demand is high enough for labels such as Bridgetown Records ([bridgetownrecords.info](http://bridgetownrecords.info)) and Burger Records ([burgerrecords.webs.com](http://burgerrecords.webs.com)) to put out dozens of strange and abrasive projects a year and turn a self-sustaining profit. The cost of professional duplication is also low enough—usually less than a dollar a copy with artwork—that editions of a few hundred make economic sense, unlike with CD or vinyl duplication.



A customer browses Burger Records in Fullerton, Calif. L.A. TIMES

Founded by Lee Rickard and Sean Bohrman in 2007, Burger Records’ ear for big hits in small genres gives its releases a reliable cachet that larger labels salivate over. “We sell out of every single tape we do, and I know Sub Pop is listening to everything we put out,” Bohrman said.

Burger usually issues batches of 250 and charges \$6 a copy, though some high-profile releases by bands such as the Black Lips get 1,000 pressed.

Their business model doesn’t allow for huge profit margins. But their acumen is dead on. The aforementioned taste-making Seattle indie label Sub Pop signed two Burger-anointed acts (Jail and Happy Birthday), and Burger throws high-profile parties at festivals such as South by Southwest.

Yet like with vinyl, there is an upper threshold of sales that tape culture will support. You’d be hard pressed to find a store in 2010 selling new cassette decks. The format

probably will stay resigned to Internet mail order.

“Tape orders have definitely picked up from almost nothing in the last couple years, and it’s been almost entirely indie bands,” said Michael McKinney, the president of M2 Communications, the Pasadena-based CD and DVD duplication plant where Burger presses its cassettes. M2 issues between 6,000 and 10,000 tapes a month at around 70 cents apiece, McKinney said, a number clearly down from its ’80s heyday of hundreds of thousands but up from its ’90s and ’00s doldrums of virtually zero.

The second wind of mass-produced cassettes may have a mechanical expiration date as well, as the motors, gears and tape heads (which read and amplify the information on the cassettes) used to manufacture the format become scarce.

“It’s a novelty,” McKinney said, “and it will die down.”

## Indie rockers embrace cassette

**Chicago Tribune**

The resurging cassette culture has found its way to Chicago, but only to “an infinitesimally small market of uber retro-nerds.”

That’s how Patrick Monaghan, owner of Chicago independent record label Carrot Top Records, describes the narrow but discerning slice of the indie music world that’s again fallen in love with the lowly cassette during the past two years.

According to Jason Skorup, a buyer at Carrot Top, the movement started with “noise musicians and experimental music guys” because recording on cassettes is cheaper than CDs.

“Then ... the smaller garage rock bands started seizing on the idea of putting stuff out on cassettes so they would have something to sell at concerts,” he said.

A fervent group of people began buying them.

“We went from having no [new] cassettes ... to a whole row ... in just a couple of months,” said Matt Jencik, new music buyer for Reckless Records in the Loop and Wicker Park. “It came out of nowhere.”

When Dustin Drase, co-owner of the small cassette-only label Plus Tapes, was selling cassettes at last year’s Pitchfork festival, “People were buying things and they didn’t even have a tape player,” he said.

Jencik, who is also a musician, thinks the resurgence of tape, like that of vinyl, is a reaction among young people to digital music.

“This is the CD generation. This is their response to downloading,” he said. “People actually like things to exist. ... They almost can’t get past the fact that their favorite album only exists in their computer.”

# “Tapes remind me of Dollar Stores and K-Mart.”

—Chris Jahnle, co-founder of Kill/Hurt record label



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### Color Textured Bangle Set

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An armful of bangle bracelets is one of the easiest ways to update an outfit. Whether they jangle or are wrapped in colorful fabrics, like this set from Wet Seal, they are just plain fun. **JOANNA GUSTAFSON FOR REDEYE**

## GADGETS

### Screenguardz Privacy for iPhone 4

\$19.95 at [screenguardz.com](http://screenguardz.com)



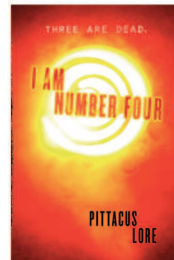
With the iPhone 4's large, super-bright display, it's an even bigger target for the wandering eyes of strangers. Screenguardz Privacy screen protectors might help the piece of mind of those who want to do e-mails, online banking or sexts (hey, who are we to judge?) in relative privacy in public situations. Creepers sneaking a peek from your side will see only a dark screen. One warning: Screenguardz does somewhat reduce the amount of light put out by the display, so think twice if your iPhone doubles as your flashlight. **RYAN SMITH FOR REDEYE**



## TV

### 'Dark Blue' 8 p.m. Wednesday, TNT

TNT's cop drama always will favor empty action and testosterone-charged posturing over character development, but it begins its sophomore season with some promise in the form of Tricia Helfer from "Battlestar Galactica." Helfer plays Alex Rice, an FBI agent with the self-confidence to stand up to Dylan McDermott's Carter Shaw, the leader of the LAPD's undercover team. (On the show they'd use a different word for self-confidence.) "Dark Blue" never will be great, but a tough female presence sure makes it more fun. **CURT WAGNER, REDEYE**



## BOOKS

### 'I Am Number Four'

By Pittacus Lore  
Available now,  
prices vary

Remember James Frey, the author who got spanked by Oprah Winfrey for fabricat-

ing parts of his memoir, "A Million Little Pieces?" Well, he's back, but this time he's undercover as Pittacus Lore. He and Jobie Hughes have written the first in a planned series of sci-fi books for young adults about a group of aliens who escape to Earth after their planet is overtaken. They live quietly among us, trying to blend in until their special powers, called Legacies, come into bloom, at which point they plan an epic showdown with their enemies. The first book zips along nicely, borrowing elements from other successful teen angst/superpower comic books and movies. There's genuine suspense and, although the writing style lacks grace, it's easy to get lost in the world of the sweet teen from another planet. It will be interesting to see how the movie version fares. Yes, the book already has been optioned. **EMILY ROSENBAUM MAKAR, REDEYE**

# THINGS THAT TURN US ON

## MOTION PICTURE DIRECTORY

♿ Handicapped Access ♦ Digital Sound ✓ Dolby Stereo ★ No Passes ♯ Hearing - Impaired  
G - General audience PG - Parental guidance suggested  
R - Restricted, under 17 requires accompanying parent or adult guardian  
PG-13 - Parents strongly cautioned. Some material may be inappropriate for children under 13

### 600 N. MICHIGAN (AMC)

600 N. Michigan Ave., Chicago  
888-AMC-4FUN  
Show times change daily ♿

- **Dinner for Schmucks** (PG-13) 11:00, 1:50, 4:40, 7:30, 10:20
- **Salt** (PG-13) ♦ 11:30, 2:00, 4:30, 7:40, 10:10
- **Charlie St. Cloud** (PG-13) 11:50, 2:45, 5:15, 8:00, 10:45
- **Despicable Me** (PG) 11:40, 2:15, 4:50, 7:15, 9:45
- **Inception** (PG-13) ♦ 11:20, 1:30, 2:30, 3:30, 5:00, 6:00, 7:00, 8:30, 9:30, 10:30
- **Toy Story 3 3D** (G) 11:10, 1:40, 4:10, 6:45, 9:15
- **The Twilight Saga: Eclipse** (PG-13) 12:15 P.M.
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) ♦ 11:05, 1:15, 3:15, 5:30, 7:50, 10:00

### LANDMARK CENTURY CENTRE CINEMA (LANDMARK)

2828 North Clark St., Chicago  
(773) 509-4949

- **Countdown to Zero** (PG) 1:30, 4:10, 7:00, 9:45
- **Farwell** (NR) 1:55, 4:40, 7:25, 10:05
- **The Kids Are All Right** (R) 1:00, 4:00, 7:00, 8:45, 10:00
- **I Am Love** (R) 1:15, 4:35, 7:20, 10:00
- **Jean Rivers: A Piece of Work** (R) 1:50, 4:15, 6:30
- **Agora** (NR) 2:00, 5:00, 8:30
- **Winter's Bone** (R) 1:45, 4:30, 7:15, 9:40

### CITY NORTH 14 (REGAL)

2600 N. Western Ave.  
(800) 326-3264 #1642

- **Cats & Dogs: The Revenge of Kitty Galore 3D** (PG) 1:00, 3:45, 6:15, 8:45, 11:10
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) 9:45, 12:15, 2:45, 5:15, 7:45
- **Charlie St. Cloud** (PG-13) 2:00, 4:45, 7:30, 10:00
- **Dinner for Schmucks** (PG-13) 12:45, 1:15, 3:30, 4:15, 6:30, 7:15, 9:30, 10:15
- **Ramona and Beezus** (G) 12:20, 2:50, 5:40, 8:25
- **Salt** (PG-13) 12:00, 1:45, 2:15, 3:10, 4:30, 5:00, 6:10, 7:20, 8:00, 9:55, 11:00
- **Inception** (PG-13) 2:30, 3:20, 6:00, 7:00, 9:15, 9:45, 10:30
- **Despicable Me** (PG) 1:30, 4:00, 6:45
- **Despicable Me 3D** (PG) 12:30, 3:00, 5:30, 8:15, 10:45
- **Predators** (R) 10:20 P.M.
- **Knight and Day** (PG-13) 10:55 P.M.
- **Toy Story 3** (G) 1:40, 4:20, 7:05, 9:40

### DAVIS THEATRE (VALUE)

4614 N. Lincoln Ave., Chicago  
(773) 784-0893

- **The Kids Are All Right** (R) ★ 1:00, 3:15, 5:30, 7:45, 10:00
- **Inception** (PG-13) 1:00, 4:00, 7:00, 10:00
- **Despicable Me** (PG) 12:40, 2:45, 4:50, 7:10, 9:20
- **Toy Story 3** (G) 11:50, 2:10, 4:45, 7:00, 9:15
- **Curious George** (G) 10:00 A.M.

### FORD CITY 14 (AMC)

S. Cicero at 76th., Chicago  
(888) AMC-4FUN  
Show times change daily

- **Dinner for Schmucks** (PG-13) 11:00, 1:45, 4:40, 7:20, 10:05
- **Salt** (PG-13) 11:30, 12:20, 1:55, 2:50, 4:20, 5:20, 7:05, 8:05, 9:30, 10:20
- **Charlie St. Cloud** (PG-13) 11:40, 2:10, 4:30, 7:00, 9:00
- **Despicable Me** (PG) 12:00, 2:15, 4:45, 7:10, 9:15
- **Inception** (PG-13) 11:55, 3:00, 6:20, 9:40
- **Predators** (R) 11:10, 1:40, 4:05, 6:40, 9:20
- **Despicable Me 3D** (PG) 11:15, 1:30, 3:45, 6:10, 8:30
- **Toy Story 3** (G) 10:40, 1:00, 3:30, 5:50, 8:10, 10:35
- **Grown Ups** (PG-13) 11:20, 1:50, 4:10, 6:45, 9:05
- **The Twilight Saga: New Moon** (PG-13) 10:30, 1:20, 4:15, 7:15, 10:00
- **The Karate Kid** (PG) 2:05, 7:40
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) 10:50, 1:15, 1:05, 2:20, 3:15, 4:50, 5:45, 6:50, 8:00, 9:10, 10:10
- **The Last Airbender** (PG) 11:35, 5:15, 10:40

### GENE SISKEL FILM CENTER

164 State Street  
(312) 846-2800

- **Everyone Else** (NR) 6:00 P.M.
- **Fresh: The Movie** (NR) 6:00 P.M.
- **8 1/2** (NR) 7:30 P.M.
- **The Last Mistress** (NR) 8:15 P.M.

### LOGAN THEATRE

2646 N. Milwaukee Ave., Chicago  
(773) 252-0628

- **The Twilight Saga: Eclipse** (PG-13) 1:55, 4:10, 6:25, 8:40
- **Toy Story 3** (G) 2:00, 4:00, 6:05, 8:10
- **The Last Airbender** (PG) 2:05, 4:10, 6:15, 8:20
- **The Karate Kid** (PG) 2:10, 5:55, 8:30

### MUSIC BOX

3733 N. Southport, Chicago  
(773) 871-6604

- **Best Worst Movie** (NR) 5:20, 9:45
- **The Girl Who Played With Fire** (R) 4:15, 6:50, 9:25
- **Cropsey** (NR) 7:30 P.M.

### PIPERS ALLEY (AMC)

1608 N. Wells, Chicago  
(888) AMC-4FUN  
Show times change daily

- AMC Independent **The Girl With the Dragon Tattoo** (R) 6:10 P.M.
- AMC Independent **Restrepo** (R) 3:30, 5:40, 7:45
- AMC Independent **Cyrus** (R) 1:50, 4:15, 6:40
- AMC Independent **Coco Chanel & Igor Stravinsky** (R) 1:40, 4:25
- AMC Independent **The Secret in Their Eyes** (R) 3:00 P.M.

### RIVER EAST 21 (AMC)

322 E. Illinois Street, Chicago  
(888) AMC-4FUN  
Show times change daily

- **Cats & Dogs: The Revenge of Kitty Galore 3D** (PG) 11:30, 2:05, 4:40, 7:10, 9:40
- **Dinner for Schmucks** (PG-13) ♦ 10:00, 11:00, 1:00, 2:00, 4:00, 5:00, 7:05, 8:05, 10:10
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) ♦ 10:30, 1:05, 3:40, 6:10, 8:40
- AMC Independent **The Kids Are All Right** (R) 10:50, 1:35, 4:20, 7:00, 9:55
- **Charlie St. Cloud** (PG-13) ♦ 10:15, 11:15, 12:55, 1:55, 3:35, 4:35, 6:15, 7:15, 9:00, 10:00
- **Ramona and Beezus** (G) 10:25, 1:15, 4:05, 6:45
- **Salt** (PG-13) ♦ 10:20, 11:20, 12:20, 1:05, 2:05, 3:05, 4:00, 5:00, 6:00, 6:50, 7:50, 8:50, 9:40, 10:40
- **Inception** (PG-13) 10:10, 11:10, 12:10, 1:30, 2:45, 3:45, 5:00, 6:20, 7:20, 8:30, 9:50, 10:50
- **The Sorcerer's Apprentice** (PG) 11:05, 1:50, 4:50, 7:40, 10:30
- **Predators** (R) 6:55, 9:45
- AMC Independent **The Girl Who Played With Fire** (R) 11:25, 2:50, 6:25, 10:15
- **Despicable Me 3D** (PG) 10:05, 12:40, 3:15, 5:55, 8:25, 10:50
- **The Twilight Saga: Eclipse** (PG-13) 10:55, 1:50, 4:45, 7:55, 10:45
- **The Last Airbender** (PG) 10:45, 1:30, 4:15
- **Grown Ups** (PG-13) 10:35, 1:10, 3:50, 6:30, 9:10
- **Knight and Day** (PG-13) 9:30 P.M.
- **Toy Story 3 3D** (G) 10:40, 1:20, 4:10, 6:40, 9:15

### SHOWPLACE VILLAGE CROSSING (AMC)

7000 Carpenter Rd., Chicago  
(800) 326-3264 #2309

- **Cats & Dogs: The Revenge of Kitty Galore 3D** (PG) 10:15, 12:30, 2:50, 5:00, 7:10, 9:20
- **Dinner for Schmucks** (PG-13) 11:00, 11:50, 1:40, 2:30, 4:20, 5:10, 7:00, 7:50, 9:40, 10:30
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) 11:30, 1:50, 4:00, 6:10, 8:25, 10:35
- AMC Independent **The Kids Are All Right** (R) 10:50, 1:20, 3:50, 6:20, 8:50
- **Charlie St. Cloud** (PG-13) 9:50, 12:10, 2:40, 5:05, 7:40, 10:10
- **Ramona and Beezus** (G) 10:40, 1:10, 3:40, 6:10
- **Salt** (PG-13) 10:20, 11:10, 12:50, 1:35, 2:10, 3:20, 4:10, 5:50, 6:40, 7:30, 8:20, 9:10, 10:50
- **Inception** (PG-13) 10:10, 12:40, 1:30, 4:00, 4:50, 6:30, 7:20, 8:10, 10:40
- **The Sorcerer's Apprentice** (PG) 11:40, 2:20, 4:55, 7:35, 10:20
- **Despicable Me** (PG) 10:30, 11:25, 1:00, 1:45, 3:30, 4:05, 6:00, 8:30, 10:55
- **Predators** (R) 9:45 P.M.
- **The Twilight Saga: Eclipse** (PG-13) 11:20, 4:40, 10:00
- **The Last Airbender** (PG) 11:35, 2:00, 4:25, 6:55, 9:30
- **Grown Ups** (PG-13) 9:55, 12:20, 3:05, 5:30, 8:05, 10:45
- **Knight and Day** (PG-13) 8:40 P.M.
- **Toy Story 3 3D** (G) 10:00, 12:35, 3:10, 5:40, 8:10, 10:25

### WEBSTER PLACE 11 (REGAL)

1471 W. Webster Ave., Chicago  
(800) 326-3264 #1641

- **The Other Guys** (PG-13) Advance Tickets Available
- **Step Up 3** (PG-13) Advance Tickets Available
- **Eat Pray Love** (PG-13) Advance Tickets Available
- **Toy Story 3 3D** (G) 1:40, 4:10, 6:40, 9:15
- **Dinner for Schmucks** (PG-13) 2:00, 4:40, 7:30, 10:10
- **Charlie St. Cloud** (PG-13) 12:45, 3:10, 5:30, 7:50, 10:15
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) 12:30, 2:45, 5:10, 7:15, 9:20
- **Inception** (PG-13) 12:20, 1:00, 3:45, 4:15, 6:30, 7:00, 7:40, 9:40, 10:20, 10:50
- **Salt** (PG-13) 12:40, 2:20, 3:00, 4:50, 5:20, 7:20, 8:00, 9:50, 10:30
- **Despicable Me** (PG) 2:10, 4:30, 7:10, 9:30
- **The Twilight Saga: Eclipse** (PG-13) 2:15, 5:00, 7:45, 10:40
- **Toy Story 3** (G) 1:10, 3:40

### SHOWPLACE GALEWOOD 14 (AMC)

E. Side of Central Ave., just S. of Grand Ave., Chicago  
(800) 326-3264 #1646

- **Dinner for Schmucks** (PG-13) 1:40, 4:30, 7:30, 10:20
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) 12:15, 1:00, 2:40, 3:25, 4:50, 5:40, 7:00, 8:00, 9:10, 10:15
- **Ramona and Beezus** (G) 1:45, 4:15, 6:45, 9:15
- **Charlie St. Cloud** (PG-13) 12:45, 3:15, 5:50, 8:20, 10:50
- **Inception** (PG-13) 12:50, 4:00, 7:15, 10:30
- **Salt** (PG-13) 12:20, 1:15, 2:45, 3:45, 5:15, 6:15, 7:40, 9:00, 10:05
- **Despicable Me** (PG) 1:05, 3:30, 5:55, 8:15
- **The Sorcerer's Apprentice** (PG) 12:55, 3:35, 6:20, 9:20
- **Predators** (R) 10:40 P.M.
- **Despicable Me 3D** (PG) 12:05, 2:30, 5:00, 7:25, 10:00
- **The Twilight Saga: Eclipse** (PG-13) 1:55, 4:55, 7:55, 10:45
- **Grown Ups** (PG-13) 1:50, 4:25, 7:05, 9:35
- **Toy Story 3** (G) 12:35, 3:05, 5:45, 8:25, 10:55

### SHOWPLACE CICERO 14 (AMC)

4779 W. Cermak, Cicero  
(800) 326-3264 #1644

- **Dinner for Schmucks** (PG-13) 11:00, 1:45, 4:30, 7:20, 10:00
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) 10:40, 11:45, 1:00, 2:15, 3:30, 5:00, 6:00, 7:30, 8:30, 10:00
- **Charlie St. Cloud** (PG-13) 11:30, 1:55, 4:25, 7:10, 9:45
- **Ramona and Beezus** (G) 11:15, 2:00, 4:35, 7:05, 9:40
- **Salt** (PG-13) 11:05, 12:15, 1:30, 2:45, 4:00, 5:15, 6:30, 7:45, 9:00, 10:05
- **Inception** (PG-13) 12:20, 3:40, 7:00
- **The Sorcerer's Apprentice** (PG) 10:30, 1:15, 3:45, 6:10, 8:40
- **Despicable Me** (PG) 12:30, 3:00, 5:30, 7:50, 10:10
- **Predators** (R) 4:45, 7:25, 9:55
- **The Last Airbender** (PG) 11:40, 2:20
- **Despicable Me 3D** (PG) 11:20, 1:50, 4:20, 6:45, 9:15
- **Toy Story 3** (G) 10:30, 12:50, 3:15, 5:40, 8:00
- **Grown Ups** (PG-13) 11:10, 1:40, 4:15, 7:15, 9:50

### SHOWPLACE ICON AT ROOSEVELT COLLECTION

Clark & Roosevelt, South Loop, Chicago  
(312) 564-2104

- **Cats & Dogs: The Revenge of Kitty Galore 3D** (PG) ★ 12:00, 2:15, 4:30, 6:50, 9:10
- **Cats & Dogs: The Revenge of Kitty Galore** (PG) ★ 12:30, 3:00, 5:20
- **Charlie St. Cloud** (PG-13) ★ 12:50, 3:40, 6:40, 9:20
- **Dinner for Schmucks** (PG-13) ★ 12:20, 1:30, 3:15, 4:20, 6:10, 9:00
- **Dinner for Schmucks** (PG-13) ★ 7:10, 10:00
- **Ramona and Beezus** (G) 1:20, 3:50, 6:30, 9:30
- **Salt** (PG-13) ★ 1:45, 2:20, 4:10, 5:00, 7:00, 9:40
- **Salt** (PG-13) ★ 7:50, 10:20
- **Inception** (PG-13) 12:10, 12:40, 1:15, 2:30, 3:45, 4:00, 4:40, 6:00, 7:15, 8:10, 9:15, 10:30
- **Inception** (PG-13) 7:30, 10:50
- **Despicable Me 3D** (PG) 2:10, 4:45, 7:20, 9:50
- **The Kids Are All Right** (R) 2:00, 4:50, 7:40, 10:15
- **The Twilight Saga: Eclipse** (PG-13) 7:45, 10:45
- **Grown Ups** (PG-13) 2:40, 5:10, 8:00, 10:40
- **Toy Story 3 3D** (G) 1:00, 3:30, 6:20, 8:50

### VIP Premium 21+

- **Inception** (PG-13) **VIP Premium 21+** 12:10, 2:30, 3:45, 6:00, 7:15, 9:15, 10:30

### OAK PARK LAKE CINEMAS (CLASSIC)

1022 Lake Street, Oak Park  
(630) 444-FILM #560

- **Cats & Dogs: The Revenge of Kitty Galore 3D** (PG) ★ 12:00, 2:00, 4:00, 6:00, 8:00, 10:00
- **Dinner for Schmucks** (PG-13) ★ 12:00, 2:30, 5:00, 7:30, 10:00
- **The Kids Are All Right** (R) ★ 12:15, 2:35, 4:55, 7:15, 9:35
- **Salt** (PG-13) ★ 12:45, 3:00, 5:15, 7:30, 9:45
- **Inception** (PG-13) 12:25, 3:35, 6:45, 9:55
- **Despicable Me 3D** (PG) 12:00, 2:10, 4:40, 7:20, 8:30, 8:40
- **Toy Story 3** (G) 12:00, 2:20, 4:40, 7:05, 9:30
- **Planet 51** (PG) 10:00 A.M.

### EVANSTON CENTURY 12/CINEARTS 6 (CENTURY)

1715 Maple Ave., Evanston  
(847) 492-0123 ♿

- **Cats & Dogs: The Revenge of Kitty Galore** (PG) ★ 11:25, 1:40, 3:55
- **Cats & Dogs: The Revenge of Kitty Galore 3D** (PG) ★ 12:30, 2:45, 4:55, 7:15, 9:30
- **Charlie St. Cloud** (PG-13) ★ 11:35, 2:10, 4:55, 7:30, 10:25
- **Toy Story 3** (G) ★ 11:45, 2:05, 4:25, 6:55, 9:25
- **Inception** (PG-13) 12:20, 3:40, 4:45, 7:00, 8:05, 10:20
- **Inception** (PG-13) 11:20, 2:35, 5:50, 9:15
- **Ramona and Beezus** (G) ★ 11:40, 2:15, 5:05, 7:40, 10:15
- **Salt**



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# Iron-deficient: Experts scoff at strength-training myths

**Reuters**

Strength training for women is a weighty issue.

Despite building stronger bones and providing a metabolic boost that burns fat for hours after a workout, experts say too many women resist it because of a misplaced fear of morphing into the Incredible Hulk.

"People who lift weights are generally leaner," said Lou Schuler, a strength and conditioning expert. "This idea that pounds of muscle are suddenly going to appear on a woman's body because she lifts weights is just a delusion."

Unlike body building, in which the goal is aesthetic, the goal of strength training is to get stronger.

Schuler, the author of the book "New Rules of Lifting for Women," says for most women, getting huge simply is not in the genetic cards. But you need a bit of muscle on those bones.

"To get definition you need the muscles a little bigger and you need the leanness," he

said. "Women have to lift weights big enough to have an effect on muscle mass and strength. You want to get progressively stronger with heavier weights, fewer repetitions."

According to the National Center for Health Statistics, only 21 percent of women strength train, despite government guidelines that call for adults to do resistance, or strength training, two or more days a week.

Jessica Matthews, of the American Council on Exercise, said getting women to the weight room still is an uphill battle.

"Most women are really looking for the toned look. That's just general muscle fitness," she said.

Body building, by contrast, works muscles in isolation.

"A well-rounded strength training program is functional and a great way for women to build and maintain lean body mass," she said. "It will not lead to that bulky appearance."

For most women, Matthews suggests eight to 10 or 12 to 15 repetitions using a moderate

weight to gain muscle strength.

"The muscle worked should be fatigued at the end of that last repetition," she said. "If we wanted to develop muscle size, we'd be training at higher weight, with fewer repetitions."

Matthews said what sells weight training to the young women she has worked with is the afterburn.

"Strength training makes the body more efficient at burning fat," she explained. "It enhances your metabolism even while you're sitting at your desk."

The exact number of additional calories burned varies from one study to another.

"I've seen anywhere from seven to 10 calories a day," she said, adding that form is crucial in strength training, for safety and to ensure that you're working the same muscle you're targeting.

"Even in a lunge," she added. "If you want a great butt, a smaller step forward will work those glutes, but a larger step will work the quadriceps."



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## ADVERTORIAL

# Used Cars to be Sold to Public at \$79\*

**Local Melrose Park Dealer must eliminate over \$3,000,000 of pre-owned vehicles ONE DAY ONLY, Saturday, August 7, 2010**

Melrose Park, IL Management of Al Piemonte Ford has announced their plan to drastically reduce their used vehicle inventory to the public by means of a \$79 Super Price Cutter Event this Saturday, August 7, 2010.

During this one-day event, every used vehicle will be sold for thousands below original price, including cars for \$79. Why price them so low? According to Todd O'Reilly, General Manager of Al Piemonte Ford, "We have stock piled a larger selection of used vehicles. Al Piemonte Ford has decided to offer these vehicles to the public for thousands below normal values before they go up in action. The Community has shown us great support throughout the years, and we are very grateful. We would rather give these deals to the public than unload these vehicles at auction."

A huge selection of over 500 cars, trucks, and sport utility vehicles will be available for this event. "We absolutely must reduce our used inventory at all costs, so customers can expect these vehicles to be sold for near or below wholesale," O'Reilly stated. "Cars that would sell for \$3,000 to \$12,000 will be thousands lower. There truly is a vehicle for everyone's budget here."

Vehicles will be on display at Al Piemonte Ford, 2500 W. North Ave. in Melrose Park. Special arrangements have been made for a record number of customers with event parking clearly marked.

Here's how the \$79 Super Price Cutter Sales Event works: Anyone wanting to purchase a vehicle during this event needs to be registered. Registration begins at 9:00 a.m. At 10:45 a.m., all vehicles will be opened so that customers may inspect the vehicles. The retail price will be clearly posted on the windshield of each vehicle. When the \$79

Super Cutter Sales Event begins at 11:00 a.m., the Price Cutter will cross out the retail price on each vehicle and replace it with the Super Sale Price. Price will be cut one time to the rock bottom price, including vehicles for \$79. That's right you're reading this right. This day there would be cars AVAILABLE FOR JUST \$79.00. The Super Price Cutter Sales Event is for the public only – auto dealers and wholesalers are not permitted to participate.

"It's just that simple," Todd O'Reilly said. "Choose the vehicle you're interested in, be the first behind the wheel and you get the opportunity to purchase that vehicle at the Super Price Cutter Cost." Al Piemonte Ford will have a host of special finance and credit lenders on site. You can stop in to pre-register or call for more information. If you have had trouble obtaining auto financing in the past, don't count yourself out. If you bring in a current payroll stub and your drivers license or photo i.d., chances are we can arrange financing for you.

"This \$79 Super Price Cutter Sales Event will be the biggest event we've ever had," the General Manager said. "I expect over 100 customers to leave this sale with great cars at great prices."

If you've been waiting for a great deal on a great used car or truck, then the wait is over! The \$79 Super Price Cutter Sales Event on Saturday, August 7th will be the perfect opportunity to get a quality car or truck at substantial savings while Al Piemonte Ford drastically reduces their inventory.

The \$79 Super Price Cutter Sales Event will be held at Al Piemonte Ford, 2500 W. North Ave. in Melrose Park. Only one \$79 vehicle per family, please. Questions can be directed to any sales professional at Al Piemonte Ford (708) 345-9300.

\*Plus tax, title, lic & doc fee. Select vehicles only. Example 1994 Nissan Sentra.



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### TUESDAY'S SOLUTIONS

H	A	V	E		F	L	A	C	K		A	M	I	D	
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H	Y	M	N		R	E	N	E	W		D	E	S	K	

### ACROSS

- 1 White lie
- 4 Support
- 9 "the night before Christmas..."
- 13 Singles
- 15 Middle East nation
- 16 Assistant
- 17 Small fly
- 18 Buckets
- 19 College credit
- 20 Leave quickly
- 22 Understands
- 23 Weakling
- 24 Speedometer division: abbr.
- 26 Annoy persistently
- 29 Make resentful
- 34 from; besides
- 35 Tacks
- 36 Cheerleader's yell
- 37 Minstrel poet
- 38 Social division
- 39 Intl. military alliance
- 40 Cold cubes
- 41 Adjust again
- 42 Translated into symbols
- 43 Bus station
- 45 Harsh
- 46 Likely
- 47 Evergreen tree
- 48 Cowboy's shoe
- 51 Prepared for combat
- 56 Hawaiian island
- 57 Pot \_; large piece of beef
- 58 \_back; relaxed
- 60 Blender speed
- 61 Cream of the crop
- 62 Pinnacle
- 63 Oxford or pump
- 64 Discourage
- 65 Rooster's mate

### DOWN

- 1 Obscuring vapor in the air
- 2 Hotels
- 3 Bird's bill
- 4 Neglect intentionally

1	2	3		4	5	6	7	8		9	10	11	12
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63					64						65		

- |                         |                               |                                    |
|-------------------------|-------------------------------|------------------------------------|
| 5 Peruses               | 27 Quickly                    | 42 Penny                           |
| 6 In the center of      | 28 More infrequent            | 44 Become ripe                     |
| 7 Prison cubicle        | 29 Portrait stand             | 45 Child's hired caregiver         |
| 8 Orchestra             | 30 Catcher's glove            | 47 Adhesive in a child's art class |
| 9 Instructed            | 31 Exchange                   | 48 Supervisor                      |
| 10 Merlot or port       | 32 Diner                      | 49 Vow                             |
| 11 Mine entrance        | 33 Island; East Coast state   | 50 Cincinnati                      |
| 12 Collections          | 35 Space flight agcy.         | 52 Beauty spot                     |
| 14 Shop _; union leader | 38 Placed in the exact middle | 53 Fishing lure                    |
| 21 Jacket; book cover   | 39 Short work of fiction      | 54 For _; apiece                   |
| 25 Greek letters        | 41 "Van Winkle"               | 55 Thin coin                       |
| 26 Usual practice       |                               | 59 Cozy room                       |

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# Gray matters



## Lady Gaga

In the September issue of Vanity Fair, the Lady finds yet another way to change things up and keep us guessing what will come next.

By Emily Rosenbaum Maka

REDEYE

Is gray the new black? It looks that way. Several stars have gone gray or silver in the past few years, some for roles, some just for fun and some for keeps. Lady Gaga, always cool and au courant, features long silver locks in the current Vanity Fair. Expect a mini-tidal wave of gray celebs and average people to follow. Clearly white hair is not just for granny any longer. Let's take a look at some memorable gray ladies and silver foxes.

## Anderson Cooper

The CNN hotshot has been gray and gorgeous for several years.

GETTY IMAGES FILE PHOTO

## Matt LeBlanc

At the TV critics summer tour last week in California, LeBlanc surprised many with his salt-and-pepper hair. He said he's been gray for years and dyed it while doing "Friends."

GETTY IMAGES PHOTO

## Kelly Osbourne

She went an Easter egg shade of lilac-gray early this year. This summer her hair's pewter shade and its matronly style (right) have aged her a bit. AP FILE PHOTO



## Meryl Streep

As Miranda Priestly in "The Devil Wears Prada"

Her steely magazine editor completed her fashionable look with gorgeous silver locks. That hair means business. 20TH CENTURY FOX FILE PHOTO

## Kelis

She sported pinkish-gray hair in 2006 and then went full-on gray with a crazy mullet early this year.

AP FILE PHOTO



## Pink

On tour this summer, the singer's typically platinum-blond hair has been looking a bit gray. It's a nice juxtaposition with such a modern cut. GETTY IMAGES PHOTO



## George Clooney

Clooney is aging gracefully and his salt-and-pepper hair is right in step with his old Hollywood style. GETTY IMAGES FILE PHOTO



## Emmylou Harris

The talented musician has been a silver stunner for many years.

AND...

## Tavi Gevinson

The teen fashion-blogging sensation dyed her cropped hair a bluish-gray early this year.





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# red hot

## Video Monster Awards

Lady Gaga has been nominated for a record-breaking 13 MTV Video Music Awards, the most nods ever for an artist. Eminem, no slouch himself, received eight nods. Gaga also is the first female artist to be nominated twice in the video of the year category, for "Bad Romance" and "Telephone." The VMAs will be broadcast Sept. 12.

## Death of a guido

Fox and the creator of "Bones" are working nearly as hard to woo the Situation as the Situation works to woo guidettes. The "Jersey Shore" star has been approached to guest star in an upcoming episode as Richie "The V" Genero, **ew.com** reports. For those gagging about the idea of the Situation acting, don't worry—creator Hart Hanson said he'll be killed off.

*"The final straw was him flying to Hollywood for what he told me was to see some hunting show but come to find out it was that music video mocking my family. He's just obsessed with the limelight and I got played."*

Bristol Palin to **people.com** on her latest breakup with Levi Johnston, the father of her son.

Bristol Palin  
GETTY IMAGES FILE



## THE DIGIT

# 4

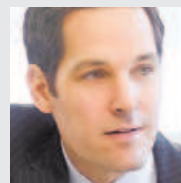
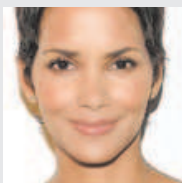
That's the number of Bill Cosby death hoaxes that have cropped up on Twitter. "To the people behind the foolishness, I'm not sure you see how upsetting this is," Cosby tweeted.

# IT'S GOOD TO BE HER

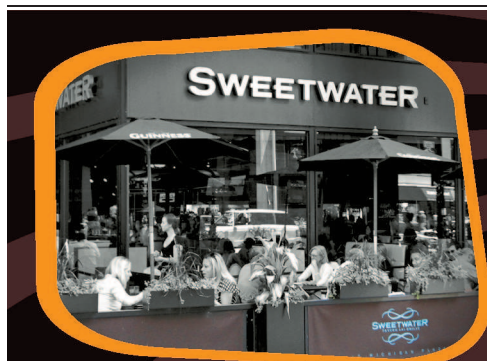
2010 continues to be a mostly awesome year for Sandra Bullock. The Oscar winner has been named the best-earning actress of the past year by Forbes, making \$56 million for "The Blind Side," "The Proposal" and other projects. She's followed by Reese Witherspoon and Cameron Diaz, who each nabbed about \$32 million.

## Stars in Springfield

Fox announced this week a formidable roster of stars signed on as guest voices for the 22nd season of "The Simpsons." Here are a few of the notable names in the lineup: Jon Hamm (from left), Halle Berry, Kristin Wiig, Martha Stewart, Daniel Radcliffe, Paul Rudd, Cory Monteith and Ricky Gervais. Ay caramba!



Sandra Bullock  
GETTY IMAGES



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